3 1436 00019 6302
CHATHAM COLLEGE LIBRARY

# Play Activities For Elementary Schools

371.74
L33

Dorothy La Salle

Pennsylvania
College for Women
Library

Cora Helen Coolidge
Fund

371.74
L33

# PLAY ACTIVITIES
## FOR ELEMENTARY SCHOOLS

GRADES ONE TO EIGHT

Compiled by

DOROTHY LA SALLE

DIRECTOR OF HEALTH AND PHYSICAL
EDUCATION, EAST ORANGE (N. J.)
PUBLIC SCHOOLS

NEW YORK
A. S. BARNES AND COMPANY
1935

371.74
S33

COPYRIGHT 1926 BY
A. S. BARNES AND COMPANY

PRINTED IN THE UNITED STATES OF AMERICA

Pitts News. 1.80 9838 Coolidge Fund

To

DIXIE

IN MEMORY OF THREE JOYOUS YEARS

# ACKNOWLEDGMENTS

I desire especially to express my appreciation of the untiring effort of the following committee of teachers who gave much of their time and the value of their experience in the preparation of this book: Miss Altha Bowbeer, Mrs. Donna Barak, Miss Alice Conway, Miss Phillopena Franzoni, Miss Emma Hemingway, Miss Doris Levin, Miss Ethel Levin, Miss Nan Marsden, Mrs. Marion Mayer, and Mrs. Marion Rogers.

For the use of the material on boys' athletics, I am indebted to Mr. Loren M. Post and to Mr. Norton H. Pearl who started this division of the department when Detroit physical education was in its infancy and who have developed it over a period of years. The material on girls' athletics is primarily the work of Miss Esther Sherman who first organized the division of girls' athletics and who is responsible for its progressive ideals. To Miss Laurentine B. Collins and Mr. Thomas F. West in charge, respectively, of the divisions of girls' and boys' athletics, I am indebted for the athletic material in its present form.

To Miss Ruth H. Sims who read and criticized the entire manuscript I wish to express my deepest appreciation.

DOROTHY LA SALLE.

## NOTE

This material was first published for the author by the Board of Education, Detroit, Michigan as "A Course of Study in Play Activities for Elementary Schools."

# INTRODUCTION

By L. M. Post
*Assistant Director, Health Education*
*Detroit Public Schools*

From Plato to Froebel the value of play in childhood was recognized. Plato said, "Education should begin with the right direction of children's sports." Froebel declared that, "The plays of childhood are the germinal leaves of all later life." The fact that the right direction of the plays and games of childhood has been recognized by educators and philosophers as a fundamental factor in education and child growth, justifies the publication of material intended to stimulate that important phase of health education. There has recently been published a relatively large amount of material along this line dealing with the philosophy of play, suggested programs, and organizing the best known and accepted games that have been handed down.

It is indicative of the progress of physical educators to note that we have rapidly swung from the military type of physical education that was foisted upon the world a few decades ago to the general trend of progressive education—that of a freer type of self-direction. Play is based upon the very instincts of the race. The fact that play is natural and is coming to be recognized as necessary to adult life, also, is all the more reason why we should select a variety of games to teach and teach them thoroughly so as to have the best possible carry over into later life. Play is natural to the young of at least all higher forms of animal life, and as with other abilities, can and should be cultivated. The mistaken idea that children play as well without direction as with, is held only by a few "purse squeezing" individuals and is entirely without educational foundation. Given control and this reactionary group would stifle progress in education and adopt a policy of "What was, is good enough." Children have the same inherited desire to play as they have to sing or to dance, and we provide instruction for both of the latter in our curriculum.

# INTRODUCTION

To make a child a social being to live at peace and harmony with his fellows and to coöperate generally as a good citizen is a worthy aim of public education. In all the curriculum there is no more motivating force to accomplish this end than plays and games. The individual in our complex life is governed by rules of the community. In building a house or even moving on the streets or on a country roads there are rules which we should follow, and the first and best place to begin to teach the child to conform to the rules and laws of society is to teach a game well and to have every one learn to conform to the rules of the game.

The development of the platoon schools in Detroit affords an unparalleled opportunity for this department to put over the best there is in a play program. With this course of study as a basis and the inventive genius of a corps of teachers such as Detroit is fortunate in having, we should develop a real play period and play program. It behooves every member of the staff to realize that the play hour is the most important time of the day. Not a moment of this time should be taken for other duties, and the teacher should enter into and direct and plan the activities of that period as carefully as any lesson of the day.

# CONTENTS


PAGE

Introduction (*L. M. Post*) . . . . . ix

## PART I

Organization and Standards . . . . . 1

Sportsmanship . . . . . 7

Squad or Organized Free Play . . . . . 11

The Playground Program . . . . . 14

Demonstrations . . . . . 15

The Value of Stunts (*N. H. Pearl*) . . . . . 17

Systems for Changing Shoes . . . . . 19

Criteria for Judging Results . . . . . 21

## PART II

Games . . . . . 31

Grade One . . . . . 33 to 44

Grade Two . . . . . 45 to 58

Grade Three . . . . . 59 to 73

Grade Four . . . . . 74 to 84

Grade Five . . . . . 85 to 95

Grade Six . . . . . 96 to 103

Grades Seven and Eight . . . . . 104 to 110

## PART III

Competitive Athletics for Boys and Girls . . . . . 111

Girls' Athletics . . . . . 125

Boys' Athletics . . . . . 163

Bibliography . . . . . 175

Index . . . . . 177

This book if used in conjunction with

RHYTHMS AND DANCES
FOR ELEMENTARY SCHOOLS

by the same author

forms a comprehensive course of study in
Physical Education for the elementary school

# PART I

# ORGANIZATION AND STANDARDS

## GYMNASIUM ACTIVITIES

SUGGESTED WEEKLY PROGRAMS AND TIME ALLOTMENT

GRADES 1-2

| | FALL | WINTER | SPRING |
|---|---|---|---|
| Mon. | Rhythms, Dancing | Rhythms, Dancing, Stunts | Rhythms, Dancing |
| Tues. | Squad Play (Playground) | Squad Play | Squad Play (Playground) |
| Wed. | Rhythms, Dancing | Rhythms, Dancing | Rhythms, Dancing |
| Thurs. | Mass Games (Playground) | Squad Play, Stunts | Mass Games (Playground) |
| Fri. | Squad Play / Mass Games } Playground | Rhythms, Dancing, Mass Games | Squad Play / Mass Games } Playground |

| Time Per Week | | Time Per Week | | Time Per Week | |
|---|---|---|---|---|---|
| Rhythms, Dancing | 48 minutes | Rhythms, Dancing | 50 minutes | Rhythms, Dancing | 48 minutes |
| Squad Play | 36 " | Squad Play | 40 " | Squad Play | 36 " |
| Mass Games | 36 " | Mass Games | 15 " | Mass Games | 36 " |
| *Shoes, Dismissal, etc. | 30 " | Stunts | 15 " | Shoes, Dismissal, etc. | 30 " |
| Total | 150 " | Shoes, Dismissal, etc. | 30 " | Total | 150 " |
| | | Total | 150 " | | |

*By experiment in fifteen schools it was found that Grades 1-4 changed their shoes in slightly more than three minutes. Grades 5-8 changed their shoes in a little less than three minutes. To eliminate fractions of minutes, three minutes is given as a standard throughout the grades. Free play comes out of this time and approximates fifteen minutes per week.

## Grades 3-4

| | FALL | WINTER | SPRING |
|---|---|---|---|
| Mon. | Rhythms, Dancing | Rhythms, Dancing, Stunts | Rhythms, Dancing |
| Tues. | Squad Play (Playground) | Squad Play | Squad Play (Playground) |
| Wed. | Rhythms, Dancing | Rhythms, Dancing | Rhythms, Dancing |
| Thurs. | Mass Games (Playground) | Squad Play, Stunts | Squad Play, Field Day Practice (Playground) |
| Fri. | Squad Play / Mass Games } Playground | Rhythms, Dancing, Mass Games | Mass Games (Playground) |

| Time Per Week | | Time Per Week | | Time Per Week | |
|---|---|---|---|---|---|
| Rhythms, Dancing | 48 minutes | Rhythms, Dancing | 50 minutes | Rhythms, Dancing | 48 minutes |
| Squad Play | 36 " | Squad Play | 40 " | Squad Play | 36 " |
| Mass Games | 36 " | Mass Games | 15 " | Mass Games | 24 " |
| Shoes, Dismissal, etc. | 30 " | Stunts | 15 " | Field Day Practice | 12 " |
| | | Shoes, Dismissal, etc. | 30 " | Shoes, Dismissal, etc. | 30 " |
| Total | 150 " | Total | 150 " | Total | 150 " |

| | FALL | WINTER | | SPRING |
|---|---|---|---|---|
| | | December—January | February—March | |
| Mon. | *Pentathlon or Mass Games—G<br>Playground<br>Soccer—B<br>Playground | Stunts—G<br>Indoor Track—B | Stunts—G<br>Dancing, Stunts—B | †Pentathlon or Track—G<br>Playground<br>Baseball—B |
| Tues. | Dancing—G<br>Soccer—B<br>Playground | Dancing—G<br>Stunts—B | Dancing—G<br>Stunts—B | Dancing—G<br>†Decathlon or Track—B<br>Playground |
| Wed. | Intramural Game—G<br>Playground<br>*Decathlon or Mass Game—B<br>Playground | Game Tournament—G<br>Stunts, Dancing—B | Squad Play—B & G | Hit Pin—G<br>Playground<br>†Mass Games, Track or Decathlon—B |
| Thurs. | Dancing—G<br>Soccer—B<br>Playground | Rhythms—B & G<br>Dancing—G<br>Indoor Track—B | Rhythms—B & G<br>Dancing—G<br>Stunts—B | Mass Games—G<br>Playground<br>Baseball—B<br>Playground |
| Fri. | Intramural Game—G<br>*Decathlon or Mass Games—B | Squad Play, Mass Games } B & G | Squad Play, Mass Games } B & G | Hit Pin—G<br>Playground<br>Baseball—B<br>Playground |

**Time Per Week**

| Girls | Min. | Boys | Min. |
|---|---|---|---|
| Mass Games, Pentathlon | 24 | Mass Games | 12 |
| Rhythms, Dancing | 48 | Decathlon | 36 |
| Intramural Game | 48 | Soccer | 72 |
| Shoes, Dismissal | 30 | Shoes, Dismissal | 30 |
| Total | 150 | Total | 150 |

**Time Per Week**

| Girls | Min. | Boys | Min. |
|---|---|---|---|
| Stunts | 24 | Track Indoor | 45 |
| Rhythms, Dancing | 48 | Stunts | 36 |
| Games Trmt. | 24 | Squad Play | 15 |
| Squad Play | 15 | Mass Games | 9 |
| Mass Games | 9 | Rhythms, Dancing | 15 |
| Shoes, Dismissal | 30 | Shoes, Dismissal | 30 |
| Total | 150 | Total | 150 |

**Time Per Week**

| Girls | Min. | Boys | Min. |
|---|---|---|---|
| Stunts | 36 | Stunts | 56 |
| Rhythms, Dancing | 48 | Rhythms, Dancing | 16 |
| Squad Play | 24 | Squad Play | 36 |
| Mass Games | 12 | Mass Games | 12 |
| Shoes, Dismissal | 30 | Shoes, Dismissal | 30 |
| Total | 150 | Total | 150 |

**Time Per Week**

| Girls | Min. | Boys | Min. |
|---|---|---|---|
| Track, Pentathlon | 24 | Baseball | 72 |
| Rhythms, Dancing | 24 | Decathlon, Track | 36 |
| Hit Pin | 48 | Mass Games | 12 |
| Mass Games | 24 | Shoes, Dismissal | 30 |
| Shoes, Dismissal | 30 | | |
| Total | 150 | Total | 150 |

* Mass Games when records are complete.
G—Girls.

† Track when records are complete.
B—Boys.

| | FALL | WINTER | | SPRING |
|---|---|---|---|---|
| | | December—January | February—March | |
| Mon. | *Pentathlon or Mass Games—G<br>Soccer—B | Fist Ball or Nine Court<br>Basket Ball—G<br>Indoor Track—B | Fist Ball or Nine Court<br>Basket Ball—G<br>Squad Play, Mass Games } B | †Pentathlon or Track—G<br>Baseball—B |
| Tues. | Dancing—G<br>Soccer—B | Stunts—G<br>Dancing—Stunts—B | Fist Ball or Nine Court<br>Basket Ball—G<br>Dancing—Stunts—B | Dancing—G<br>†Decathlon or Track—B |
| Wed. | Field Ball—G<br>*Decathlon or Mass Games—B | Dancing—G<br>Indoor Track—B | Dancing—G<br>Basket Ball Practice—B | Hit Pin—G<br>Mass Games, Track or Decathlon—B |
| Thurs. | Dancing—G<br>Soccer—B | Squad Play, Mass Games } B G | Squad Play, Mass Games } B G | Mass Games—G<br>Baseball—B |
| Fri. | Field Ball—G<br>*Decathlon or Mass Games—B | Rhythms—B & G<br>Dancing—G<br>Stunts—B | Rhythms—B & G<br>Dancing—G<br>Stunts—B | Dancing—Hit Pin—G<br>Baseball—B |

**Time Per Week**

| Girls | Min. | Boys | Min. |
|---|---|---|---|
| Pentathlon, Mass Games | 24 | Decathlon, Mass Games | 36 |
| Rhythms, Dancing | 48 | Mass Games | 12 |
| Field Ball | 48 | Soccer | 72 |
| Shoes, Dismissal | 30 | Shoes, Dismissal | 30 |
| Total | 150 | Total | 150 |

**Time Per Week**

| Girls | Min. | Boys | Min. |
|---|---|---|---|
| Fist Ball | 36 | Track | 48 |
| Stunts | 12 | Stunts | 32 |
| Rhythms, Dancing | 48 | Squad Play | 12 |
| Squad Play | 12 | Mass Games | 12 |
| Mass Games | 12 | Rhythms, Dancing | 16 |
| Shoes, Dismissal | 30 | Shoes, Dismissal | 30 |
| Total | 150 | Total | 150 |

**Time Per Week**

| Girls | Min. | Boys | Min. |
|---|---|---|---|
| Fist Ball | 36 | Stunts | 36 |
| Stunts | 12 | Rhythms, Dancing | 16 |
| Rhythms, Dancing | 48 | Basket Ball | 24 |
| Squad Play | 12 | Squad Play | 24 |
| Mass Games | 12 | Mass Games | 20 |
| Shoes, Dismissal | 30 | Shoes, Dismissal | 30 |
| Total | 150 | Total | 150 |

**Time Per Week**

| Girls | Min. | Boys | Min. |
|---|---|---|---|
| Pentathlon, Track | 24 | Baseball | 72 |
| Rhythms, Dancing | 36 | Decathlon, Track | 36 |
| Hit Pin | 40 | Mass Games | 12 |
| Mass Games | 20 | Shoes, Dismissal | 30 |
| Shoes, Dismissal | 30 | | |
| Total | 150 | Total | 150 |

*Mass Games when records are complete.
G—Girls.

†Track when records are complete.
B—Boys.

# ORGANIZATION AND STANDARDS

## SPORTSMANSHIP

The beginning and end of a contest is not athletics. There are lessons, great and lasting, to be learned but the real beginning and the real end is the great gospel of health education. Athletics not for the sake of athletics alone, but athletics to develop the spirit of fair play, good sportsmanship, ability to take defeat gracefully and manfully, to realize that victory is won not by luck, but by hard work, and that great victories are only won by those with clean, healthy minds and bodies. Physical training to develop gladiators for a contest as an ideal, is dead. Into that void we have placed the doctrine of health education to develop the manhood and womanhood of the nation through the precepts of health rules taught and inculcated in the hearts and minds of the girls and boys of America.*

### SUGGESTIONS FOR SCHOOL SPORTSMANSHIP PROGRAM

#### Year Round Program

The health education teacher should make sportsmanship a part of the year round program. A short intensive campaign followed by neglect the rest of the year will not produce results.

#### Sportsmanship Committee

A meeting of all captains, boys and girls, should be called and a discussion of sportsmanship should follow. After this a mass meeting should be called, for the purpose of discussing specific and common instances of both good and poor sportsmanship at which time several captains should give short talks. At this meeting it would be well to have the student body elect a sportsmanship com-

*Belle Isle Field Day Program, 1921.

mittee whose duty it would be to keep alive sportsmanship interest during the entire year. They should attend all games and report on the sportsmanship of players and spectators.†

### Sportsmanship Code

A ready-made code of sportsmanship, if printed and distributed, has not grown out of the children's experience and, therefore, is difficult to relate to their activities. The creed should be formulated by the school. Such a creed would result only after a great deal of play experience in which acts had been carefully interpreted by the teacher. Probably from the sixth to the eighth grade every girl and boy should go through a detailed process of discovering sportsmanship point by point, and building a code. Thereafter, in school life, a creed may be expressed, and adopted with much less process and have real meaning for every child. (See 1923 Big Ten Campaign for colleges.)

The teacher should stimulate the children to discover the whole field of sportsmanship and relate it to their school traditions, personal reputations, and group and individual pride and pleasure. Sixth graders, for example, can build up point by point a code of sportsmanship that will seem a desirable and ideal way of carrying on their games and activities. Sixth graders can define in an elementary and very satisfactory manner, the specific things which captain, players, spectators and even teachers must do during a game in order to uphold their ideals.

### Definition of Sportsmanship

The teacher needs a definition of sportsmanship for each activity in order to teach it. Good sportsmanship in social conduct, in soccer, in field ball, or in any other activity, is made up of specific acts, controls or habits, which should be listed. General statements like "honor," "courtesy," "unselfishness," etc., are not sufficient. When you judge the sportsmanship shown in any activity you may finally sum up the errors as errors in honor, courtesy, etc., but your criticism is really directed at acts. *Therefore,* NAME THESE ACTS. A few examples follow. Have students enumerate and discuss many more.

† "Suggestions for a School Sportsmanship Program," *American Physical Education Review,* May, 1923.—R. C. McLain.

A. Captain

1. He makes an effort to meet the captain of the visiting team and talks with him. (Hospitality, Sociability.) If on neutral grounds, he looks up the other captain.
2. He protests a point in a game as laid down in the rules legally and in a gentlemanly manner. (Not heatedly or with the loss of temper.)
3. If the loser, he congratulates the other captain before leaving the field. He does this cheerfully and, therefore, sets an example for the team.
4. If a winner, he congratulates the other captain on spirit, pluck, etc., of losers and discusses the game in a friendly manner.

B. Players

1. They allow the captain to speak for the team.
2. They meet the visiting players and talk, find lockers for them, etc. (Hospitality.)
3. They give their places to substitutes cheerfully.

C. Teachers

1. Teachers often keep alive old grudges and form positive hatreds and feelings against other schools and express these to children. (State positive or good sportsmanlike conduct.)
2. Teachers often step over side lines at games and excitedly run around over the field of play.
3. Teachers often cry out against an official decision. This is naturally taken up by the children.

D. Spectators

1. They applaud all good plays by either team. (A good play makes a good game and the game is the thing.)
2. They observe specific ground rules:
   (a) remain behind side lines.
   (b) away from goals.
   (c) out of baseball outfield, etc.
3. They accept cheerfully all official decisions:
   (a) do not mutter.

(b) do not threaten.
(c) do not make unsocial remarks about official, players, or spectators.

4. They cheer for both teams as they come on the field.
5. They cheer an injured opponent.

### Sportsmanship Slogans, Songs, Posters, and Playlets

Slogans on sportsmanship may be written in the English classes, songs in the music classes, and posters made in the art classes. Short dramatizations representing actual sportsmanship situations during a school game, at home, on the street, or in school, may be given in the auditorium. These should be not more than three minutes long.

### Sportsmanship of Teachers

Teachers and coaches must define sportsmanship for their own guidance, as it applies to their personal conduct in all school activities. Specific acts and controls must be named for teachers. The example set by teachers is very important. They must make sportsmanship their projects just as the children must.

### Judging Sportsmanship of Your School

In judging sportsmanship the questions to ask are:

1. Do other teams like to play with your school?
2. Do teachers and pupils of other schools speak of the good sportsmanship of your teams, your spectators, and your teachers.

## SQUAD, OR ORGANIZED FREE PLAY

Squad Play, or Organized Free Play, as it is also called in Detroit, may be used throughout all grades of the elementary schools. It is one of the best ways of handling a large group of children. The ideal to which we look forward is a group of children which can choose its own activities, choose its own leaders, and either direct its own activities or follow the directions of its chosen leaders. This cannot be accomplished in one day, nor in one week. Education is a slow process. To reach this ideal one must have infinite patience. The children will have difficulty at first in discerning between freedom and license. To go from a disciplinary method to a socialized or purposing method with no preparation and little guidance usually results in chaos. To assist the new teacher in developing the desired type of squad work the following steps in organization are offered:

I

A. Assign captains. Number depends upon size of room. For ordinary gymnasium (eighty children) there should be six or eight.

B. Assign a familiar game to each captain and assign each captain a position on the floor. (The game assigned and the equipment remains in this location during the time devoted to squad play and are used by each succeeding group.)

C. Assign a group of children to each captain. When all are ready children play.

D. Play chord on piano at end of five minutes. This is the signal to stop playing. Have children line up behind captain. When all squads are ready each squad moves in line to the next activity to the right. The captain goes with his squad. Give signal to play when all children are ready. Repeat change every five minutes, or before, if interest lags.

## II

A. Children elect captains.
B. Each captain chooses his own game.
C. Same as I.
D. Same as I.

SQUAD PLAY

Skin the Snake — Beater Goes Round — Jump the Shot — Dodge Ball

## III

A. Same as II.
B. Same as II.
C. Tell captains how many children they may have in their squads.
D. Children go to group which they prefer. As squad is filled the captains send late-comers to other squads not yet filled. When squad is filled it starts to play without waiting for other squads.

E. Same as I D except that captain may remain at his first activity and direct succeeding squads.

IV

A. Same as II.
B. Same as II.
C. Same as III.
D. Same as III.
E. At change children go to any squad they wish until all squads are filled. As soon as any one squad is filled it starts to play without waiting for a signal.

V

A. Same as II.
B. Each squad chooses its own game.
C. Same as IV.
D. Same as IV.
E. Same as IV.

It is desirable at times to have the children play without any equipment whatsoever.

## THE PLAYGROUND PROGRAM

The value of outdoor play is undisputed. It is for us to grasp the opportunity which the administration has given us and see that the children get what is rightfully due them. Detroit is peculiarly fortunate in having a definite, scheduled time in grades one through six for outdoor play. She is peculiarly fortunate in having available in most schools ample outdoor play space. It is the responsibility of every teacher in charge of a play class to see that the time and space are utilized to the best advantage. The work should be planned and organized as any other class. Some days group games should be played, and other days squad activities should form the program. The work should always be supervised and the teacher in charge should always be on the playground. She should be dressed appropriately so that she will not have to seek shelter. She must not think her responsibility has ended as soon as she has the children out of the building and has thrown a ball on the playground.

The question arises, "What shall we do in bad weather?" Often children are kept inside when they could have been taken out had the teacher been suitably dressed. Only rain, severe cold, and a slushy or muddy playground should keep the children inside. Many times when the grounds are wet the side walks can be used for races. Because of the different conditions existing in the schools it is difficult to say what is to be done on days when the children cannot be taken out. In schools where play rooms are available the problem is easily solved. Very often halls can be used for quiet games. In some schools the basements can be utilized. When double sections are scheduled, if a room is not available, one section may be sent to the auditorium where they can watch the other children. At times they may be sent to the gymnasium but since all space is already used there this should be done only rarely. Such a procedure handicaps the play of the children in the gymnasium.

**WEEKLY TIME ALLOTMENT FOR OUTDOOR PLAY ***

| Grade | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|---|---|
| Time | 150 | 150 | 120 | 60 | 60 | 60 | 0 | 0 |

* In addition to one hundred fifty minutes per week in gymnasium for all grades.

## DEMONSTRATIONS

Demonstrations form an important part of the health education program. Through them health education is judged by the general public. They are held annually to show to the public the best in health education; to show them activities based upon modern pedagogy; and to show them what they are getting in the way of strong-bodied children fully equipped physically to meet the exigencies of life. In short, their purpose is to familiarize the public with the work of the health education department. This is both a responsibility and an opportunity for the teacher of health education.

But health education demonstrations are not only for the parents. They are for the children as well. Indeed we could hardly justify them if we thought only of the parents. We must consider not only what type of demonstration will show our work to the parents in the best possible way, but from what type of demonstration the children are going to get the most. Festivals and health plays furnish adequate vehicles both for the demonstration of the activity, or body-building program and the health instruction program. They should be given as projects encompassing many departments of the school and should be worked out in coöperation with a committee of teachers selected by the principal. A project of this kind involves so many people that all teachers should have a clear understanding of what is being planned. The festival or play may be written with the coöperation of the English department, the costumes designed with the coöperation of the art department, and made with the coöperation of the household arts department. A play or festival so produced is of greater value than one which is not original. However, one which is not original may be changed and improved so that it will give a broader knowledge of health work. Such a procedure is next in importance to the original play or festival. *The so-called traditional demonstration with one isolated number following another with no thought or continuity running through the whole, is of less value than either of the others because it gives no opportunity for creative work.* In demonstra-

tions of the first two types pantomime should be emphasized wherever possible. It should be kept in mind that the execution or presentation of any piece of school work, while important, is not as vital as the method by which the subject matter is obtained. In doing a thing of this sort too frequently the children are rehearsed so often and for such long periods that the work ceases to be a joy and becomes irritating to the children and teachers alike. The original purpose to have the children do and act and to gain satisfaction and joy from a completed project well done is completely lost in the adult effort to have a finished performance.

All demonstrations should meet the following requirements:

1. The activity part of the program should consist of stunts, games, and group dancing only. (Aesthetic, toe, or solo dances and formal gymnastics should not be included.)
2. They should be the outgrowth of class work.
3. Rehearsals, except general ones, should be held during class time.
4. Costuming, if used at all, should be very simple and characteristic of the person or country represented.

# THE VALUE OF STUNTS*

By Norton H. Pearl

*Supervisor of Health Education, Detroit Public Schools*

A glance backward into our youth reveals a vast, rich field of physical activities based upon natural tests of strength and physical prowess. We all recall the time when, before an admiring gang, we chinned ourselves to the limit, or walked across the yard on our hands. Who can forget the immortal picture which Mark Twain paints of Tom Sawyer turning cartwheels while the object of his affection watched with pride? Such tricks as these should never be forgotten, nor will they be, if our physical education program includes ample instruction in stunts.

Stunts are interesting to all, regardless of age. They may be started at two and continued until physical activity is no longer possible. The interest inherent in them is due to the great and endless variety of stunts out of which every individual can find at least one at which he can excel. Stunts are the only group of activities in which every girl and boy can match skills in the average play group and always win. No one has to lose for even the timid child who has only one stunt will stay with the group because he knows that eventually his time will come when he can bring forth his event and win. That is his beacon light. To excel at even one thing is a great impetus for further development.

Any number of people may take part and there is always an opportunity for each to win. The old may compete against the young and excel. The weak beat the strong and the thin win from the heavy, short beat the long and long beat the short. No boy or girl can learn all of the stunts although they may learn hundreds. The baby that learns to "keel over" or "turn a somersault" is interested, happy, and proud of the achievement.

* For description of stunts see Part III, and Pearl & Brown, *Health by Stunts*, The Macmillan Company, publishers.

Stunts are not peculiar to any one place or room. They may be done in the parlor, wood shed, fence corner, barn, sawmill, kitchen, grass plot, beach, boat, flying machine, or submarine. They are the most varied group of athletic events. The time may be any time, even right after dinner for the milder ones. Stunts make their own conditions and may be done in rain or shine, indoors or out, early or late. They require practically no apparatus that cannot be found in the kitchen, basement, garage, wood shed, or barn.

Wherever stunts are being done there is always an exceptionally large amount of fun. Stunts should never be done or taken in regular doses, or at regular times by adults. They may act as a filler at gatherings of small groups of people of all ages. The recreation and joy which stunts bring are big assets.

## SUGGESTED SYSTEMS FOR CHANGING SHOES

The following systems have proved successful in various schools throughout the city. While it is recognized that the problems of each school are different and that no one system can be taken as a whole, nevertheless, some part of one of these four methods may offer a solution of your problem.

### 1. Shoe Captains Open Lockers

a. Upon entering the gymnasium the shoe captains get locker keys from the keyboard on which the keys are hung and open lockers. The children as they enter may go to the locker at once for their sneakers or they may first remove their street shoes and place them against the wall before getting sneakers out of the lockers. This relieves congestion at the lockers. As soon as each child has changed his shoes he may play anything he chooses. He does not have to wait for the rest of the class. At the end of three minutes or at the discretion of the teacher, the planned lesson begins.

b. The previous method of opening the lockers is followed. As soon as each child has changed his shoes he goes to an assigned place and sits until the class starts. Work begins when every one is ready.

### 2. Shoe Captains Distribute Shoes

Upon entering the gymnasium the shoe captains open lockers and distribute the shoes while the rest of the class go to assigned places, remove their street shoes, place them against the wall, and put on gymnasium shoes, which have been brought to them by the captains.

### 3. Shoes Changed at Beginning of Morning or Afternoon Sessions

At the opening of school the children go immediately to their accustomed places for hanging up wraps. Here their gymnasium shoes are also kept. Those having health education in the morning

change their shoes, pass to the classroom from which they will be dismissed at the end of the session, and leave their street shoes. They remain in this room until a gong signals them to pass to their respective recitation or home rooms. This same process is followed in the afternoon for those who have health education during that session.

## CRITERIA FOR JUDGING RESULTS

The items to observe which follow are to be used for the activities taking place in the gymnasium only. They are limited to observable, concrete points, to which the answer "yes" or "no" may be made. They should be of value not only to the principal and supervisor but to the teacher as well. A careful study of the items should help a teacher materially in the organization of her subject.

### I. Organization of the Room for Work

1. Do children enter and leave in an orderly way?
2. Is time wasted waiting in line?
3. Do children get their gymnasium shoes from lockers and put away street shoes quietly, quickly, neatly?
4. Is the organization (formation) for changing shoes an effective one?
5. Are children dressed for play within five minutes? (Maximum five minutes.)
6. Are coats, sweaters, rubbers, galoshes removed?
7. Are children in soft soled shoes?
   (If children are in stocking feet it should be because they are too poor to buy suitable shoes.)
8. Is class grouped in such a way as to use all the available space?
9. Is grouping made quickly with a minimum loss of time?

### II. Care and Handling of Supplies and Equipment

1. Are balls, ropes, jump standards, and other gymnasium supplies ready for immediate use?
*2. Are baskets up and in good repair?

* These items are not within the control of the teacher, but they affect her teaching. In some cases they are within the control of the school administration.

*3. Are lockers equipped with locks?
4. Are lockers kept locked?
*5. Is floor marked plainly with play circles, center line, basket ball court, baseball diamond?
*6. Is chinning bar securely fastened to the wall?
7. Are mats clean?
*8. Are mats in good repair?
9. Are mats hung up when not in use?
10. Are mats lifted from the floor when being moved?
11. Do at least four children move them?
12. Are balls kept blown up?
13. Are balls clean?
14. Are balls oiled before use on a wet day?
15. Are jump standards equipped with pegs?
16. Is cross bar of jump standard in good condition?
17. Is cross bar put on in such a way that it can be knocked off easily without danger of tripping?

## III. Provision for Individual Differences

1. Are children permitted a freedom of choice in joining squads?
2. Are children permitted a freedom of expression in rhythms?
3. Are underweight and undersize children grouped together for play?
4. Do children with orthopedic defects receive individual attention.

## IV. Individual Pupil Growth

1. Is there purposing on the part of the children? (Do they have an aim?)
2. Are children permitted to decide questions for themselves?
3. Are children permitted freedom in the gymnasium?
4. Is opportunity given children to create dramatic games and rhythms from their own experiences or

* These items are not within the control of the teacher, but they affect her teaching. In some cases they are within the control of the school administration.

from nursery rhymes and stories being read in other classes?

5. Is opportunity given for the development of new games?
6. Do all children have an opportunity at some time to act as leaders?
7. Are matters of discipline in the hands of the children?
8. Does the group decide upon disciplinary problems?
9. Does the group evolve its own rules and punishments for the infringement of rules?
10. Is each child responsible for the well being of the group?
11. Are the children over-excited?
12. Are the children suppressed?
13. Are the children given an opportunity to see the most skillful of their classmates demonstrate their ability?
14. Is opportunity given at the end of the lesson or at the conclusion of a special activity for self-criticism?
15. Is the period of self-appraisal followed by generalization? *i.e.*, Summary of the results.

**V. Social Growth**

1. Is ability to play with other children increasing?
2. Is willingness to sacrifice personal desires to the group desire increasing?
3. Are the ideals of sportsmanship increasing?
   a. Does pupil play according to the rules of the game?
   b. Can pupil win without undue, visible rejoicing?
   c. Can pupil lose without grumbling, without alibis, and without accusing opponents of unfair play?
   d. Does pupil condemn signs of poor sportsmanship on the part of his team?
   e. Does pupil help and encourage his teammates at all times?
   f. Does pupil play hard even in the face of defeat?

VI. Pupil Interest

1. Are children interested?
2. Does the consummation of the purpose of one lesson lead to further activity along similar lines for succeeding lessons?
3. Does the lesson lead the children to make outside investigations in regard to the activities of the health education lesson? *i.e.,* Do they suggest investigations of animal movements, customs of fairies, dwarfs, etc.
4. Do children bring new games to class?
5. Are children happy during the period?
6. Are they glad to come to the gymnasium?
7. Are they sorry when the period is over?

VII. Correlation with Other Subjects

*A. Social Sciences*

1. Are folk dances taught in relation to their historical and geographical background?

*B. English*

1. Are sportsmanship slogans, rhymes, codes, etc., written in good English?

*C. Art*

1. Do sportsmanship posters represent good art?
2. Are costumes and stage settings for festivals designed in accordance with accepted art principles?

*D. Auditorium*

1. Are dances taught for the auditorium program?
2. Are sportsmanship playlets acted in auditorium classes?
3. Is there coöperation between auditorium and health education departments in production of festivals?

*E. Music*

1. Are sportsmanship songs written and sung?
2. Is there coöperation between music and health education departments?

## VIII. Use of Graphic Devices

1. Are there posters in evidence relative to healthful living?
2. Are there posters in evidence relative to sportsmanship?
3. Are bulletins of pentathlon and decathlon records displayed during the proper season?
4. Are schedules and results of games in evidence?

## IX. The Teacher

1. Is her appearance pleasing?
2. Is she wearing bloomers, knickers, or full skirt?
3. Is she wearing sneakers, sandals, or low heel shoes?
4. Is her posture good?
5. Is her voice well controlled and modulated?
6. Is her English good?
7. Are her explanations clear, simple, and pointed?
8. Does she aim to make the class listen rather than hear?
9. Is her attitude one of friendly and sympathetic interest?
10. Is she a friend and guide to the children rather than a trainer, commander, or director?
11. Does she occasionally enter into the activities?
12. Has she a sense of humor?
13. Does she know what follow-up work is being done by the nurse as a result of the physical examination?
14. Is she informed concerning physical examinations?
15. Does she know which pupils need individual attention because of subnormal physical condition?
16. Does she coöperate with orthopedic teacher?
17. Does she coöperate with the school administration on bath days? (Bath days are held at regular intervals only in the poor neighborhoods of the city.)

## X. Specialized Instruction

### *A. Rhythms and Dances*

1. Spirit

   a. Is dancing joyous, natural, and free from artificiality?
   b. Is a dance taught? (Not steps.)
   c. Are the dances reviewed sufficiently often for them to become fixed in the minds of the children?
   d. In the animal rhythms are the movements true to life? *i.e.,* Do the children walk like ducks, elephants, etc?
   e. Does the teacher supply the proper setting for a folk dance, telling the children the nationality of the dance and something of the country from which it comes?
   f. Is the emphasis placed upon spirit rather than on technique?

2. Music

   a. Is the music simple enough for the children to understand?
   b. Is it appropriate for the activity for which it is used?
   c. Is the music stopped only at the end of a musical phrase?
   d. Is the correct folk music used or has other music been substituted?
   e. Is the singing in singing games soft, sweet, and in accordance with the principles of the music department?

3. Technique

   a. Are steps correctly analyzed and presented?
   b. Is the continuity of the dance retained by linking each new step with the steps previously learned?

c. Is the use of the arms taught after the steps are mastered?

d. Is emphasis placed on lightness and height?

*B. Organized Free Play*

1. Are children permitted to choose their own squads?
2. Do squads have no more than ten nor less than seven children?
3. Is all space used?
4. Is change from squad to squad made approximately every five minutes?
5. Is the change from squad to squad orderly?
6. As soon as the change is made do the children play at once?
7. Are the leaders well chosen?
8. Did the children choose them?
9. Do they give their directions in a nice manner?
10. Do children like the leaders?
11. Do leaders maintain good sportsmanship in their squads?
12. Do leaders help children who have little skill?
13. Are games well adapted for space available?
14. Do games keep a maximum number of children busy?
15. Are they suited to the age of the group?
16. Are games changed at least every two weeks?
17. Are new games brought in by the children?

*C. Group Games.*

1. Is class kept in close formation for preliminary instruction?
2. Are only essential points of game brought up before game is started?
3. Do the children play with a minimum amount of noise?
4. Do children learn by doing?
5. Are all children in the group reasonably active?

6. Do the children have a good time?
7. Is the sportsmanship good? (See IV—Social Growth.)
8. Does the teacher seize opportunities for instruction in sportsmanship?
9. Does the teacher coach as well as referee?

*D. Stunts*

1. Is class grouped to good advantage?
2. Are mats in use under bar and for floor stunts?
3. Is each new stunt carefully analyzed and demonstrated either by the teacher or by the group leader?
4. Are stunts assigned in progressive order of difficulty?
5. Is landing always on the mat?
6. Is landing light and on the balls of the feet?

**XI. Gymnasium Hygiene**

1. Is the temperature kept approximately at 65° F.?
2. Is the thermostat regulated to keep it at this temperature?
3. Are at least two windows open? (In the small play rooms where the windows are on the floor level it will be necessary to air the room after each class in severe weather.)
4. Are the floors clean?
5. Are walls, windows, and equipment clean?

**XII. Specialized Pupil Abilities**

1. Is pupil able to skip lightly in rhythm to the music?
2. Is pupil able to run lightly in rhythm to the music?
3. Is pupil able to gallop lightly in rhythm to the music?
4. Is pupil able to slide lightly in rhythm to the music?

5. Is pupil able to whirl in rhythm to the music with some degree of bodily control?
6. Is pupil able to throw an object accurately and far?
7. Is pupil able to catch an object?
8. Is pupil able to dodge a moving object?
9. Is pupil able to surmount an object his own height?
10. Is pupil able to climb twice his height on a rope, pole, or ladder?
11. Is pupil able to cover with a leap a distance his own height?
12. Is pupil able to strike a ball with a bat?
13. Is pupil able to kick a ball accurately and far?
14. Is pupil able to start and stop quickly?
15. Is pupil able to pull up his own weight? (Chin)
16. Is pupil able to balance his body when in unusual positions?
17. Can pupil control body while in unusual positions? (Forward roll, head stand, skin the cat.)
18. Is pupil's body normally flexible? (Can he do corkscrew, through stick, chair creeper?)
19. Is pupil able to relax?
20. Does pupil know his growth in height and weight?
21. Does pupil know his own height and weight standards?

# PART II
# GAMES

## PROGRESSION OF TYPES OF GAMES

### CATCHING—THROWING—KICKING GAMES

#### GRADE ONE

Teacher Ball
Toss Ball
Circle Pass Ball
Call Ball

#### GRADE TWO

Ball Stand
Circle Stride Ball
Center Base
Hot Ball
One O'Leary

#### GRADE THREE

Circle Club Bowls
Simple Dodge Ball
Bean Bag Ring Throw
Target Throw
Babies in the Hole
Bowling
Marbles
Jacks
End Dodge Ball

#### GRADE FOUR

Corner Dodge Ball
Drive Ball
Bullets
Mass Soccer
Bombardment
Duck on the Rock

#### GRADE FIVE

Newcomb
Progressive Dodge Ball
Pitching Horse Shoes
Corner Ball
End Ball
Game Tournament
Hit Pin
Swat Ball
Bases on Ball

#### GRADE SIX

Mount Ball
Bound Ball
Side Kick
Liberty Bat Ball
Crowd Ball
Schlag Ball
Long Ball

#### GRADES SEVEN AND EIGHT

Scrub
Mass Basket Ball
Deck Tennis
Captain Ball
Fist Ball
Nine Court Basket Ball
Volley Ball
Hand Ball
Soccer
Basket Ball (Boys)
Baseball

### CHASING—FLEEING GAMES

#### GRADE ONE

Drop the Handkerchief
Charlie Over the Water
Cat and Mice
Have You Seen My Sheep
Old Mother Witch
Brownies and Fairies
Tag
Squat Tag
Tip Toe Tag
Shadow Tag
Ankle Tag
Walk Tag
Nose and Toes Tag
High Windows
Fox and Farmer
Flowers and Wind
Bird Catcher
Catch of Fish
Fox and Geese

### GRADE TWO

Cat and Rat
Frog in the Middle
Gardener and Scamp
Run for Your Supper
Bell Cat
Blind Man's Buff
Jacob and Rachel
Kick the Bag Race
Hound and Rabbit
Partner Tag
Cross Tag
Reverse Tag
Stiff Knee Tag
Stork Tag
Dumb-Bell Tag
Fox Trail
Lame Fox and Chickens
Midnight
Red Light
Tommy Tiddler's Ground
Poison

### GRADE THREE

Pinch—O
Stone
Japanese Tag
Ostrich Tag
Freight Train Tag
Bull in the Ring
Beater Goes Round
Hill Dill
Three Deep
Black Tom
Fire on the Mountain
Single Relay

### GRADE FOUR

Pom Pom Pullaway
Red Lion
Hopping Relay
All Up Relay
Overhead Relay
Stride Ball Relay
Over and Under Relay
Shuttle Relay
Arch Goal Relay

### GRADE FIVE

Hip
Horse and Rider
Club Snatch
Circle Relay
Chinese Wall

### GRADE SIX

Barley Break
Prisoner's Base

## HIDING—SEEKING GAMES

### GRADES ONE AND TWO

Find the Ring
Squirrels in Trees
Hide and Seek
Gypsy

### GRADE THREE

Slipper Slap

### GRADE FOUR

Robbers and Soldiers

### GRADE FIVE

Run Sheep Run

### GRADE SIX

Yards Off

## JUMPING—HOPPING GAMES

### GRADE ONE

Jack Be Nimble
I Spy
Jump the Brook

### GRADE TWO

Jump the Shot
High Jump
Rope Skipping

### GRADE THREE

Rope Jumping
Hop Scotch

### GRADE FOUR

Leap Frog
Leap Frog Race
Leader and Footer

## ROPE SKIPPING

Rock the Cradle
Plain Jumps, Stationary Start, Long Rope
Plain Jumps, Individual Rope
Plain Jumps, Front Door
Plain Jumps, Back Door
Skim the Milk
Stunts, Individual or Long Rope
Double Dutch, Two Long Ropes
Double Dutch, One Long Rope, One Individual Rope
Double Dutch, Two Individual Ropes

# GRADE ONE

The following descriptions are so organized that one can see at a glance how many children may play the game, how much space is needed, and what equipment is necessary. The first item tells for how many players the game is best suited, the terms used being "squad" and "mass". The second item tells whether the game is suitable for the gymnasium, playground, playroom (small, unequipped room) or class room. Many are suitable for all while others can be used only in the gymnasium. The third item indicates the necessary equipment. *Under each classification the games are printed in order of their difficulty.*

## CATCHING—THROWING GAMES

### Teacher Ball

**Squad (8-12 players)**
**Gymnasium, Play Room, Playground, Class Room**
**Soccer Ball**

All of the players but one form a line facing in flank formation. The odd player or teacher, as he is called, with the ball in his hand stands eight or ten feet away facing them. He tosses the ball to each player in turn, who returns it to him. Any player who misses a good throw must take a place at the foot of the line. If the teacher misses he goes to the foot and the child at the head becomes teacher.

### Toss Ball

**Squad (8-12 players)**
**Gymnasium, Play Room, Playground**
**Soccer Ball**

All of the players but one form a circle facing the center. The odd player, or "It," with the ball in his hand stands in the center

of the circle. "It" tosses the ball quickly to any player who returns it. The success of this game depends upon the quick, accurate throwing of the leader in an effort to catch a player unawares.

### Circle Pass Ball

Squad (8-12 players)
Gymnasium, Play Room, Playground
Soccer Ball

All of the players form a circle with a distance of three to five feet between each two. The game consists in tossing the ball rapidly from one player to another. It may be thrown to any player the thrower chooses and does not have to be passed in regular order.

### Call Ball

Squad (8-12 players)
Gymnasium, Play Room, Playground
Soccer Ball

All of the players but one form a circle facing the center. The odd player, standing in the center of the circle, tosses the ball in the air and calls the name of another player. The player called must run forward and catch the ball before it touches the ground. Should he succeed he becomes the leader. Should he fail he returns to his place in the circle. It may be necessary at first to permit the children to catch the ball on the bounce.

## CHASING—FLEEING GAMES

### Drop the Handkerchief

Squad (8-12 players)
Gymnasium, Play Room, Playground
*Large, Clean Handkerchief*

All of the players but one form a circle facing towards the center. The odd player with the handkerchief in his hand runs around the outside of the circle and drops the handkerchief behind one of the players. As soon as the player behind whom the handkerchief was dropped discovers the handkerchief he picks it up and chases the other player around the circle attempting to catch him before he reaches the vacant place.

### Charlie Over the Water

Squad, Mass (8-100 players)
Gymnasium, Play Room, Playground
No equipment

The players form a circle hands joined. One player is chosen to be Charlie and if there are more than twenty players, there should be two or more Charlies to make the action more rapid. Charlie stands in the center while the circle moves around, to the left, all chanting the rhyme:

"Charlie over the water,
Charlie over the sea,
Charlie catch a blackbird,
Can't catch me!"

As the last word is said, all players squat. Charlie tries to tag them before they can get into that position. Should he succeed the player tagged changes places with him.

### Cat and Mice

Squad, Mass (8-100 players)
Gymnasium, Play Room, Playground
No equipment

The players form a circle with five or six players (mice) in the center and one player (the old cat) outside the circle. The old cat comes creeping up to the circle and is allowed to enter. The mice cannot go outside the circle and as the cat catches them they take their places with the other players in the circle. The last mouse caught becomes the old cat for the next game.

### Have You Seen My Sheep?

Squad (8-10 players)
Gymnasium, Play Room, Playground, Class Room
No equipment

All of the players but one form a circle. The odd player walks around the outside of the circle and touching one of the players on the back, he says, "Have you seen my sheep?" The one questioned answers, "How was he dressed?" The first player then describes the dress of one of the players in the circle. The

one questioned then attempts to guess the person described. As soon as he has guessed the right one he chases the one described around the outside of the circle attempting to catch him before he can run around the circle and return to his place. The one who starts the game does not take part in the chase.

### Old Mother Witch

Squad, Mass (8-100 players)
Gymnasium, Play Room, Playground
No equipment

One player, chosen to be the witch, walks along in front of the other players who poke, pull and tease her in every way possible. As they follow after her they call: "Old Mother witch fell in the ditch, picked up a penny and thought she was rich." The witch then turns and asks, "Whose children are you?" Any name may be given and the witch goes on, but if they should say, "Yours," the witch gives chase. The first one caught takes her place.

### Brownies and Fairies

Mass (35-100 players)
Gymnasium, Play Room, Playground
No equipment

The class is divided into two equal groups, one representing brownies and the other, fairies. Each group lines up against the wall at opposite ends of the room. The fairies blindfold their eyes or turn their backs while the brownies softly steal forward towards them. When they are within fifteen feet of the fairies the teacher calls, "The brownies (fairies) are coming." The fairies then chase the brownies to their goal, tagging as many as they can. Those caught become fairies. The game is repeated with the brownies blindfolded.

### Tag

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

One player, chosen to be "It," attempts to catch any one of the other players. A player tagged becomes "It."

### Squat Tag

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

One player, chosen to be "It," attempts to catch any one of the other players. The runner may save himself by assuming a squat position. A player who is caught becomes "It."

### Tip Toe Tag

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

One player, chosen to be "It" attempts to catch any one of the other players. All players must walk on tip toes. A goal is marked out in which players may rest. A player tagged becomes "It."

### Shadow Tag

Squad, Mass (8-80 players)
Playground
No equipment

One player, chosen to be "It" attempts to step on or touch the shadow of any one of the players. The runner may escape by seeking the shade for a moment, or by bending, twisting or dodging, so that the position of the shadow will be changed or reduced in size. A player whose shadow is touched by the "It" becomes "It" and must at once seek another shadow to touch.

### Ankle Tag

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

One player, chosen to be "It," attempts to catch any one of the other players. The runner may escape being tagged by touching his ankles. A player tagged becomes "It."

### Walk Tag

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

One player, chosen to be "It," attempts to catch any one of the other players. All players, including "It," must walk. A player tagged becomes "It"

### Nose and Toes Tag

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

One player, chosen to be "It," attempts to catch any one of the other players. A runner may escape being caught by grasping his nose with his right hand and the toes of his right foot with his left hand. A player tagged becomes "It."

### High Windows

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

All of the players but one join hands in a circle, facing the center. The odd player, or "It," runs around the outside of the circle and taps one of the players on the back. The player tagged chases him and attempts to catch him. On the completion of the second circuit around the circle if "It" has not been tagged all players raise their arms and shout "High Windows." The "It" then runs under their arms and becomes free from tagging and the chaser becomes "It."

### Fox and Farmer

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

All of the players but two form a circle facing the center. The odd players are designated as the fox and the farmer. The farmer attempts to catch the fox who runs in a zigzag manner in and out among the players. The farmer must follow the same path as the fox. When the fox is caught two other players are appointed fox and farmer.

### Flowers and Wind

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

The players are divided into two equal parties, the flowers and the wind. Each party has a goal marked off at opposite ends of the room with a large neutral space in between. The flowers choose

a name which they keep secret from the wind. They then run over to the goal line of the opposite party who attempts to guess the flower chosen. As soon as the right flower is guessed the winds chase the flowers back to their goal. Any players caught join the other party. The remaining flowers repeat the game, choosing a different name.

### Bird Catcher

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

Two nests are marked out on opposite sides of the room. Several of the players are chosen as bird catchers and all other players are given the names of well-known birds, several having the name of the same bird. The mother bird and her flock stand in one nest and the catchers stand half-way between the two nests facing them. The teacher calls out, "Robins fly!" whereupon all of the robins run across the room. The bird catchers attempt to catch them as they fly from one nest to another. Those caught become bird catchers. This continues until all have flown across to the other nest.

### Catch of Fish

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

The players are divided into two equal groups, the fish and the net, each group standing behind a line drawn at opposite ends of the gymnasium. The players of one group join hands to form a fish net. The players of the other group represent fish. At a signal both groups advance towards one another. The fish attempt to reach the goal at the opposite end and the fish net attempts to prevent this by closing in the ends of the net. A fish may not break through the net, but may escape only by dodging around the ends. Should the net break the fish escape. Any fish caught are out of the game until all are caught. The two groups alternate in playing the fish net. For a large number of players several nets should be used.

### Fox and Geese

Squad (8-12 players)
Gymnasium, Play Room, Playground, Class Room
No equipment

All players but one form in a single file, each with his hands on the shoulders or waist of the child in front of him. The odd player, representing the fox, attempts to catch the last goose in line. The first child in the line tries to prevent this by holding out his arms and swinging the line in any way he sees fit. If the fox is successful the first child in line becomes the fox and the fox becomes the last goose.

## JUMPING-HOPPING GAMES

### Jack Be Nimble

Squad (8-12 players)
Gymnasium, Play Room, Playground, Class Room
Indian Club

All players form in single file about ten feet distant from an Indian Club. At a signal the children, one by one, run forward and attempt to jump over the Indian Club at the same time repeating the rhyme:

"Jack be nimble, Jack be quick,
Jack jump over the candle stick."

### I Spy

Squad (8-12 players)
Gymnasium, Play Room, Playground, Class Room
No equipment

All players but one stand in a line or a circle. The odd child, or "It," stands facing the line or in the center of the circle. The following dialogue then takes place:

It, "I spy."
Circle, "Whom do you spy?"
It, "A little boy" (or girl).
Circle, "What's his name?"

The "It" then chooses a child who hops out on one foot. The "It" hops towards him and in this position each attempts to force the other to touch his foot to the ground, by pushing or bumping

him with his body. If either contestant becomes very tired he may change feet by calling "Sugar." This gives him the right to rest. The victorious child becomes "It" for the next game.

### Jump the Brook

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

Draw two diverging lines to represent a brook, placing them about three feet apart and gradually increasing the distance to approximately four and a half feet, depending upon the size and skill of the children. The children form in single file and walk or run to the brook across which they attempt to jump. Any child who fails to jump completely across the brook is out of the game. If the group is small he may continue to practice until he has successfully jumped the spot at which he failed. The brook may be widened to a point at which no child can jump and stones drawn in the middle of the brook on which the children may step as they cross. These should be placed in such a way that a considerable degree of skill is necessary to successfully cross.

## HIDING-SEEKING GAMES

### Find the Ring

Squad (8-12 players)
Gymnasium, Play Room, Playground, Class Room
Metal Ring, Stout Cord

All of the players but one form a circle facing the center. In their hands they have a stout string tied together at the ends on which is placed a metal ring. The odd player stands in the center of the circle and attempts to locate the ring as it is passed from one player to another. When he successfully locates it he changes places with the one in whose hands it was when he discovered it.

### Squirrels in Trees

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

Divide the class into groups of threes. Numbers one and two join hands to represent hollow trees and numbers three stand between them representing squirrels. There should be at least one

odd squirrel without a home. At a signal from the teacher all squirrels change trees. The odd squirrel attempts to get a tree during the change. Every child should have an opportunity to be a squirrel.

### Hide and Seek

Mass (35-80 players)
Playground
No equipment

One blinds his eyes while the others hide. He usually gives them a certain length of time for hiding but may wait until they call, "Ready." He then goes in search of them. The first caught is "It" the next time. The game is not repeated until all are caught.

### Gypsy

Mass (35-80 players)
Playground
No equipment

One player is selected for the gypsy and one for the mother. The others are children. The gypsy remains in hiding while the mother says to her children, pointing to different ones in turn:

"I charge my children every one
To keep good house while I am gone;
You and you, but specially you,
Or else I'll beat you black and blue."

The Mother then goes away and blinds her eyes. During her absence, the gypsy comes in, takes away the children one by one and hides them. The mother returns, finds her children gone, and attempts to find them. When all have been found and brought back home, they chase the gypsy.

## MISCELLANEOUS GAMES

### Ringmaster

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

All form a circle without joining hands. One child is chosen for ringmaster and stands in the center. The ringmaster turns

and moves around in a circle pretending to flourish a whip. As he turns he calls the name of some animal and the players in the circle imitate the movements of the animal named. The following movements may be used: the hopping of the frog; the climbing and walking of the bear; the swaying of the camel; the galloping of the horse. At intervals the ringmaster announces, "Now all join the circus parade!" All of the children then move around the circle each imitating an animal he chooses to represent.

### Do This, Do That

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground, Class Room
No equipment

All of the players stand facing a leader. The leader performs any movement, at the same time saying, "Do this!" The rest of the players immediately imitate this. Should the leader at any time say, "Do that!" instead of "Do this!" any player who imitates him must be seated, or pay a forfeit.

### Ducks Fly

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground, Class Room
No equipment

All of the players form in several files facing a leader. The leader calls out the natural activity of any animal, such as "Horses run," "Dogs bark," or "Ducks swim," and the players imitate the movement. Should the leader call out "Chickens swim," "Ducks fly," or any activity which the animal cannot perform the players must not imitate him. True statements must be imitated and untrue statements must not. Should an untrue statement be imitated by any player, that player must be seated.

### Beast, Bird, or Fish

Squad (8-12 players)
Class Room
No equipment

One player chosen to be "It" stands before the other players and quickly pointing to any one player says, "Beast, Bird or Fish!" then repeats one of these and immediately counts to ten. The player at whom he points must give the name of a beast, or a bird, or a

fish, depending upon which "It" has specified, before the latter has finished counting to ten. Should the player succeed in doing this he becomes "It." Should he fail "It" points at some one else and the game is repeated.

### Follow the Leader

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground, Class Room
No equipment

One player is chosen as leader. The others all form in single file behind him and as he moves forward they follow him and imitate anything he does. The leader should aim to keep the line moving, and set interesting and hard tasks for the rest, such as duck walk, dog run, jumping a certain distance or height, walking backwards, etc. Any one failing to perform the required feat goes to the end of the line. If the group is large several leaders should be chosen.

### Statues

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

The leader takes each child by the hand and whirls him around. As the leader lets go of his hand he assumes a position which he must hold until all have been swung. The leader then chooses the best statue and that child becomes leader for a repetition of the game.

### Moving Day

Squad (8-12 players)
Class Room
No equipment

The class is divided so that two rows play together. One player is chosen to be "It" for each group. The "It" walks up and down the aisle between the two rows of "houses" (seats). The occupants of the houses change places at any time they see fit and the "It" attempts to secure a place during the change. When the "It" secures a place the child left without one becomes "It." Empty seats should be marked with a chalk cross. They then become haunted and cannot be occupied.

# GRADE TWO

## CATCHING-THROWING GAMES

### Ball Stand

Squad (8-12 players)
Gymnasium, Play Room, Playground
Soccer Ball

All players but one stand in close circle formation. The odd player with the soccer ball in his hand stands in the center of the circle. He calls the name of one of the players and at the same time drops the ball on the floor, and runs away, as do all others but the one called. The player whose name was called runs forward, picks up the ball and calls "Stand." When "Stand" is called all must stop and must not move thereafter. The child with the ball then tries to hit any player with the ball. The player at whom the ball is thrown may bend or duck to avoid being hit but may not move his feet. If he is hit he becomes "It" for a repetition of the game. If he is not hit all players return to the original circle formation and the child who threw the ball is "It." If a player is "It" three times he is automatically out of the game.

### Circle Stride Ball

Squad (8-12 players)
Gymnasium, Play Room, Playground
Soccer Ball

All players but one stand in a circle with their feet about two feet apart and touching the feet of the players on either side. The odd player or "It" stands in the center of the circle and attempts to roll or throw the ball between the legs of any one of the other players. The players forming the circle may attempt to stop the ball with their hands but may not bring their legs together nor bend their knees in order to stop it. Any player who allows the ball to go between his legs exchanges places with the "It."

### Center Base

Squad (8-12 players)
Gymnasium, Play Room, Playground
Soccer Ball

All players but one form a circle. The odd player or "It" stands in the center of the circle and tosses the ball to any one of the other players. The child receiving the ball runs with it to the center of the circle and places it on the floor. He then attempts to catch the "It" who runs around the outside of the circle. The "It" may save himself from being caught only by running in the circle and touching the ball. When "It is caught or has touched the ball without being caught both players choose others to take their places.

### Hot Ball

Squad (8-12 players)
Gymnasium, Play Room, Playground
Soccer Ball

All form a circle except one child who is chosen to be "It." A soccer ball is passed around the circle from child to child. "It" runs around the outside of the circle and attempts to touch the ball as it is passed. Should he succeed, the child in whose hands the ball was when he touched it becomes "It." The ball may be passed in either direction but may not be passed across a child.

### One O'Leary

Squad (8-12 players)
Gymnasium, Play Room, Playground
Tennis or Rubber Ball

The children take turns bouncing the ball on the ground with the palm of the hand trying to see how many times they can bounce it without missing. When they become skillful in this they should progress to the following. On every third bounce as "O'Leary" is repeated swing one leg over the ball without touching it and without missing the bounce. The following rhyme adds to the fun:

One, two, three, O'Leary,
Four, five, six O'Leary,
Seven, eight, nine, O'Leary,
Ten, O'Leary, Postman.

## CHASING-FLEEING GAMES

### Cat and Rat

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

All players but two join hands in a circle. Of the odd players one, representing the rat, stands in the center of the circle and the other, representing the cat, remains outside of the circle. The cat says, "I am the cat." The rat, says, "I am the rat." The cat replies, "I will catch you." At this the rat shouts in defiance, "You can't," and immediately starts to run. The cat attempts to break through the circle and catch the rat. Both players may run in and out of the circle. Those forming the circle assist the rat by raising their arms to let him run under but try in every way possible to prevent the cat breaking through the circle. When the rat is caught the cat becomes the rat, and a new cat is chosen.

### Frog in the Middle

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

All players but one form a circle. The odd player, the frog, sits in the center with his legs crossed tailor fashion. Those forming the circle approach the frog and tantalize him repeating, "Frog in the sea, can't catch me!" The frog tries to catch any one of them but may not leave his sitting position. When the frog is successful in catching some one the person caught becomes frog.

### Gardener and Scamp

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

All players but two join hands in a circle. Within the circle, or garden one of the odd players, the scamp, takes his place. The other odd player representing the gardener remains outside of the circle. The gardener calls to the scamp, "Who let you inside of my garden?" The scamp answers, "No one." At this the scamp starts to run away. The gardener immediately gives chase but must take the same path as the scamp. The gardener must go through

all of the movements performed by the scamp who may play leap frog over one of the others, turn somersaults, cartwheels, crawl between the legs of one in the circle, or do anything else which may make the chase difficult. When the scamp is caught the gardener becomes scamp and a new gardener is chosen. Should the gardener fail to perform any of the tasks set by the scamp he must rejoin the circle and the scamp has the privilege of choosing another gardener.

### Run for Your Supper

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

All players but one join hands in a circle. The odd player runs around the outside of the circle, and holding out his hands between any two players, says, "Run for your supper." These two players must then run around the outside of the circle in opposite directions. The one who first returns to the vacant place is "It" for the next game. The game may be varied by skipping, walking, galloping, etc., instead of running.

### Bell Cat

Squad, Mass (8-80 players)
Gymnasium, Play Room
Bell; *Large, Clean Handkerchief*

The players form a circle standing about two feet apart. One player, selected as the chaser, is blindfolded. A second player, chosen as the bell cat, carries a bell in her hand, or wears one suspended from her neck. Guided by the sound of the bell the blindfolded player attempts to catch the bell cat. Neither chaser nor bell cat may go outside of the circle. When the bell cat is caught two more players are selected. If the circle is large two or more chasers may be chosen.

### Blind Man's Bluff

Squad (8-12 players)
Gymnasium, Play Room, Playground
*Large, Clean Handkerchief*

All of the players but one join hands in the circle. The odd player is blindfolded and stands in the center. The circle moves around him until he claps his hands three times, whereupon the

circle stops moving. The blinded player points towards the circle. The person towards whom the blindfolded player points steps into the circle. The blind man then attempts to catch him and guess who the player is. If the guess is correct another blind man is chosen. If the guess is incorrect or if the blind man points at a vacant place in the circle the circle continues moving around and the game is repeated. This is one of the oldest recorded games and is found in practically all countries. * The Ancient Greeks called it "Brazen Fly."

### Jacob and Rachel

Squad (8-12 players)
Gymnasium, Play Room, Playground
*Two Clean Handkerchiefs*

All players but two join hands in a circle. The odd players, Jacob and Rachel, are blindfolded and in the center of the circle. The object of the game is for Jacob to catch Rachel, first locating her by the sound of her voice. Jacob calls out:

"Rachel, where art thou?"
"Here I am, Jacob," Rachel replies.

She may evade him in any way but must keep in the circle. When Rachel is caught a new Rachel and Jacob are chosen.

### Kick the Bag Race

Mass (35-80 players)
Gymnasium, Play Room
Bean Bags

The players are arranged in any number of teams, an equal number on each team. A line is drawn in front of each team with a bean bag resting on each line. At a signal from the leader the first player in each team kicks the bean bag up to the front of the room, touches the wall with it, and then picks the bean bag up and runs back to the place. The first player to get back to the starting line with the bag safely in his hand scores five points for his team. The children who have just run then pass to the end of the line. The bean bags are again placed on the starting line and at a signal from the leader the next group kicks them up to the front wall, and returns as did the first group. This continues until every player

* Bancroft, "Games for the Playground, Home, School, and Gymnasium." The Macmillan Company.

has had a turn. At the end of the game the team having the most number of points wins the game. The running is not continuous as in a relay, but each group of runners is started and scored separately. In order that all may see and understand the game the children who are not running should be seated.

### Hound and Rabbit

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

One player is chosen to be the hound and one to be the extra rabbit, while all others are divided into groups of threes. Numbers one and two stand facing one another with hands joined, to represent hollow trees, and numbers three stand between them representing rabbits. The hound attempts to catch the extra rabbit, who may save himself by running into a hollow tree. Since two rabbits may not lodge in the same tree the one who is already there must run out as soon as the hunted rabbit enters. The hound then chases the new rabbit. Whenever the hound catches a rabbit the rabbit becomes the hound and the hound the rabbit.

### Partner Tag

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

All players but two take partners. Of the odd players one is chosen to be "It" and attempts to catch the other. The runner may save himself from being tagged by taking the hand of any one of the other players. Since there cannot be three children with hands joined, the third player, or the one whose hand the runner is not holding, must immediately leave and is then in danger of being caught by "It" unless he quickly takes the hand of some one else. Any player legitimately tagged becomes "It."

### Cross Tag

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

One player chosen to be "It" attempts to catch any one of the other players. The player being chased can be saved only by a

third player running across between him and the "It." The "It" then chases the third player. Any player tagged becomes "It."

### Reverse Tag

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

One player, chosen to be "It," attempts to catch any one of the other players. All must walk or run backwards. The first child caught changes places with the "It."

### Stiff Knee Tag

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

One player, chosen to be "It," attempts to catch any one of the other players. To save himself the runner must touch the ground without bending his knees. A player legitimately tagged becomes "It."

### Stork Tag

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

One player, chosen to be "It," attempts to catch any one of the other players. To save himself the runner must stop and stand on one foot. A player legitimately tagged becomes "It."

### Dumb-Bell Tag

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
Dumb-Bell

The players, scattered promiscuously about the room, pass a dumb-bell from one to another. One player, chosen to be "It," attempts to tag the player holding the dumb-bell. If he succeeds, the one tagged becomes "It."

### Fox Trail

Squad (8-12 players)
Playground
Snow

A large circle from fifteen to thirty feet in diameter should be made in the snow by having the children stamp out the accompany-

ing diagram. This should be done in single file following a leader. When the circle is made this should be crossed with intersecting lines like the spokes of a wheel. About ten feet inside of the circle a second smaller circle is made. Dens are marked off in the center and where the spokes touch the rim. One player, chosen to be hunter, stands in the center while the other players, representing

FOX TRAIL

foxes, are stationed in the dens on the rim, with the exception of one odd player who has no den. The foxes attempt to change dens without being caught by the hunter. The odd player attempts to get a den when the change is made. Any player not in a den may be tagged by the hunter. Both foxes and hunter must stay in the trails. Whenever a hunter succeeds in tagging a fox the fox becomes hunter.

### Lame Fox and Chickens

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

One player is chosen for the fox, and stands in a den marked off at one end of the playground or gymnasium. The rest of the players are chickens, and have a chicken yard marked off at the opposite end of the ground. The chickens advance as near as they dare to the den of the fox and tease him by calling out, "Lame fox! Lame fox! Can't catch anybody!" The lame fox may take only three steps beyond his den, after which he must hop on one foot, trying to tag the chickens while hopping. All tagged become foxes and go home with him, thereafter sallying forth with him to catch the chickens. They must all then observe the same rule of taking

but three steps beyond the den, after which they must hop. Should any fox put both feet down at once after his three steps while outside the den, the chickens may drive him back. Care should be taken that the hopping is not always done on the same foot. The fox when tired should change his hopping from one foot to another. The chicken last caught wins the game and becomes the first lame fox in the new game. If the first fox is very slow at catching a chicken, another fox may be chosen to help him. Several foxes should be chosen for large groups. The fox may go to his den to rest any time.

### Midnight

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

A den is marked off at one end of the gymnasium in which the child chosen to be fox stands. The other players representing sheep have as their goal the wall opposite to the fox's den. At a signal from the teacher the sheep advance to the fox's den and one child, chosen as leader of the sheep, says "What time is it, Mr. Fox?" The fox may answer any hour he chooses, but should he say "Midnight," they must all run back to their goal. The fox attempts to catch as many as he can. Those caught become foxes and help the original fox catch the other children. The last child caught is the fox for the next game. Timid children should be urged to take risks and go up to the edge of the fox's den.

### Red Light

Squad, Mass (8-80 players)
Gymnasium, Playground
No equipment

All of the players but one form in line against the wall or with their feet on a goal. The odd player, chosen to be "It," stands in the middle of the playing space with his back to the rest of the players. With his hands over his eyes he counts out loud to ten, then says, "No talking, no laughing, no moving. Red light," and turns around. During the counting the rest of the players have progressed towards the opposite wall, or goal line as far as they can. At the signal, "Red light," they must all be absolutely still.

If the "It" sees any player talking, laughing, or moving, he calls that player by name and chases him until he catches him. If he does not see any one doing these forbidden things, he turns around and counts again. As soon as the first child reaches the opposite goal the game is started from the beginning with that child "It."

### Tommy Tiddler's Ground

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment.

The ground is divided by a line into two equal parts. One of these belongs to Tommy Tiddler, who stands on his side of the line and may not cross it. All of the other players are on the other side of the line, and venture across the line into Tommy Tiddler's ground, taunting him with the remark,—

"I'm on Tommy Tiddler's ground,
Picking up gold and silver!"

Tommy may tag any one on his ground, and any one so tagged changes places with him. The players will learn to add to the interest of the game by venturing as near Tommy Tiddler as possible.

### Poison

Squad (8-12 players)
Gymnasium, Play Room, Playground
Three Indian Clubs

All of the players join hands in a circle with the Indian clubs in the center. Each player, by pulling the circle, tries to make any one of the players touch or knock over an Indian club. Any one doing so is out of the game.

## JUMPING-HOPPING GAMES

### Jump the Shot

Squad (8-12 players)
Gymnasium, Play Room, Playground
Eight Foot Rope with Weight on End

All of the players but one, form a circle. The odd player, or "It," takes the rope and swings it around so that the weight touches

the ground. The other players jump over it as it swings past them. Any player who fails to jump over the rope is out of the game. The last one to remain in the circle swings the rope the next time.

## High Jump

Squad (8-12 players)
Gymnasium, Play Room, Playground
Jump Standards and Cross-Piece or Ten Feet of Hemp Rope

This is just an ordinary jump for height. The height of the bar depends upon the skill of the children, but should be started approximately one foot from the ground. If jump standards are not available have two children hold the rope at the desired height.

## Rope Skipping

Squad (8-12 players)
Gymnasium, Playground
Hemp Rope, 3/8" diameter

### *Rock the Cradle*

Two children take the ends of the rope and a third child stands beside it. The children holding the rope swing it back and forth in an even rhythm while the third child jumps. In all rope skipping unless otherwise specified, the child jumping continues until she misses. The rope turners should be changed often. The following rhymes may be repeated while jumping.

1. Rock-a-bye Baby upon the tree top.
   When the wind blows the cradle will rock.
   When the bough bends the cradle will fall.
   Down will come baby, cradle and all.

2. Hickory, dickory dock,
   The mouse ran up the clock,
   The clock struck one
   And down he ran
   Hickory, dickory dock.

### *Plain Jumps, Long Rope*

At first the children should be permitted to stand beside the rope while it is stationary but as soon as possible should be taught to run in. The progression is:

1. Start with rope still.
2. Run in front door. (Rope turning towards jumper.)
3. Run in back door. (Rope turning away from jumper.)

1. Chickity, chickity chop,
   How many times before I stop?

2. Lady, lady, at the gate,
   Eating cherries from a plate.
   How many cherries did she eat? 1-2-3-4-5, etc.

3. Old King Cole was a merry old soul
   And a merry old soul was he,
   He called for his pipe, and he called for his bowl,
   And he called for his fiddlers three.

4. I dreamed that my horse had wings and could fly,
   I jumped on my horse and rode to the sky.
   The man in the moon was out that night,
   He laughed loud and long when I pranced into sight.

*Plain Jumps, Individual Rope*

1. The jumper turns the rope forward and, jumping on both feet, jumps from ten to twenty-five counts.

2. Same as 1 except that jumper jumps from one foot to the other.

## MISCELLANEOUS GAMES

### Steps

Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

All of the players but one line up against the wall or on a goal line. The odd player, chosen to be "It," stands in the center of the playing space with his back to the rest of the players. "It" closes his eyes and counts to ten. As he counts all of the other players progress toward the opposite goal as far as they think they can in

the allotted time. As soon as the "It" finishes counting he turns around and calls the names of any players whom he sees moving. These players must return to the goal and start again. "It" continues counting to ten until the first child reaches the opposite goal. This child becomes "It" for a repetition of the game.

### Magic Carpet

Mass (35-80 players)
Gymnasium, Play Room, Class Room
Music

A circle of rectangles about the size of a small carpet are drawn on the floor about twenty feet apart. The children form in a single circle and to the tune of a good march walk around the circle. At intervals the music stops and any child on a magic carpet is out of the game. This continues until only one child is left. The children must march across the carpets and not jump over them.

### Human Ten Pins

Squad (8-12 players)
Gymnasium, Play Room
Soccer Ball

The children stand up as bowling pins are grouped. Ten or fifteen feet from them a short line is drawn which serves as a bowling line. An odd player stands on this line and rolls a soccer ball toward the human ten pins trying to hit them. Exactly as in bowling the pin struck falls to the ground. If in falling it strikes another pin, that pin also falls over. The dead pins are removed and the bowler has a second turn. The last pin to remain standing becomes the bowler the next time. If more than one pin remains standing after two throws, the bowler may choose which is to be bowler the next time. One point is scored for each pin knocked down. In a large group, the class may be divided into teams of eleven and several teams may play at once.

### Crack the Whip

Squad (8-12 players)
Gymnasium, Playground
No equipment

All of the players join hands in a long line. The leader of the line followed by all of the others with their hands still joined runs

forward as fast as he can. He turns suddenly and swings the rest of the line after him in an effort to make the line break. Any children letting go of hands are out of the game.

### Spin the Plate

Squad (8-12 players)
Gymnasium, Play Room, Class Room
Tin Plate

One child, chosen to be "It," stands in front of the room or in the center of a circle if played in the gymnasium or play room, and calling another child by name spins the plate on the floor. The child whose name was called must run forward and pick up the plate as it spins. Should he succeed, he becomes "It." If he fails, the first "It" calls some one else to catch the plate as he spins it a second time.

# GRADE THREE

## CATCHING-THROWING GAMES

### Circle Club Bowls

Squad (8-12 players)
Gymnasium, Play Room
Soccer Ball, Indian Clubs

The players form a circle with legs apart so that the feet of the players are touching. Each player has an Indian club behind him. The ball is put in play by any member of the circle, who attempts to knock over the club of any one of the other players. A player having his club upset is out of the game.

### Simple Dodge Ball

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
Soccer Ball

All players but one form a circle with the odd player in the center. The ball is given to any one player in the circle, who attempts to hit the one in the center below the waist. The one in the center may avoid the ball in any way except by leaving the circle. If the center player is not hit the player nearest the ball picks it up and attempts to hit the one in the center. This continues until the center player has been hit. The successful thrower then changes places with the one in the center. This game may be made more difficult by having more than one player in the center and by using more than one ball.

### Bean Bag Ring Throw

Squad (8-12 players)
Gymnasium, Play Room, Playground
Bean Bag, Target

The target for this game is a board approximately two feet square with three holes of different sizes cut in it. It should be

made with a prop so that it will stand up. The players line up in front of the target about ten feet away, and in turn attempt to throw the bean bag through the holes in the target. To throw the bag through the smallest hole counts ten points, through the middle size hole counts five points, and through the largest hole counts three points.

### Target Throw

Squad (8-12 players)
Gymnasium, Play Room
Indoor Baseball, Target

Draw a target on the wall twelve inches by thirty-four inches and fifteen inches from the floor. The width represents the width of the home plate and the height represents the distance between the batter's knees and his shoulders. To hit the target is equivalent to throwing a strike. The players line up in front of the target and take turns throwing at it. The distance from the target depends upon the skill of the children. As their skill increases the distance from the target should be increased.

### Babes in the Hole

Squad (8-12 players)
Playground
Rubber or Tennis Ball

Dig as many small holes four inches in diameter and two inches deep as there are players. The holes should not be more than twelve inches apart. The players, who have each been assigned to a hole, group themselves around the holes. One child, chosen to be "It," stands on a line approximately fifteen feet away and attempts to roll the ball into any one of the holes but his own. If he succeeds in rolling it into a hole, all of the players, except the one in whose hole the ball has rolled, run away as fast as possible. The player in whose hole the ball has rolled picks up the ball and calls "stop," at which signal all must stop running. He then attempts to hit one of the runners with the ball. Should he succeed, that runner must stand against a wall and each player, while standing fifteen feet away, has a chance to hit him with the ball. The target then becomes "It." Should the one in whose hole the ball rolled fail to hit any player he, himself, must be the target.

Should the "It" fail to roll the ball in a hole he picks up the ball, calls "Stop" and attempts to hit a player. The game then continues as before.

## Bowling

Squad (8-12 players)
Gymnasium, Play Room, Class Room
Soccer Ball or Volley Ball, Indian Clubs

The Indian clubs are placed in a three-foot circle, or if there are more than five clubs they are set up in triangle formation. Fifteen feet from the Indian clubs a line is drawn behind which the players stand in single file. Each child in turn rolls the ball towards the Indian clubs and attempts to knock them over. For every Indian club knocked over a point is scored for that child. The Indian clubs are then set up for the next child.

## Marbles

Squad (8-12 players)
Playground
Marbles

### 1. Bull's Eye

Draw a circle approximately ten feet in diameter on the ground and in the center draw a line approximately two feet in length. Each player in turn rolls his shooter or taw from the line of the circle, to the opposite line of the circle. The player who rolls his shooter nearest the line gets first choice as to his turn, the next has second choice, etc. Each player then places one duck (marble) on the center line, at a distance of two inches from the nearest duck. Each player in turn then knuckles down on the circle line and shoots to knock one or more of the ducks out of the ring or to hit the shooter of the preceding player if it happens to be in the ring. Ducks knocked out of the ring are kept by the player who knocks them out. Ducks knocked only a short distance are left where they come to rest. If a player's shooter goes out of the circle when he has been successful in knocking out a duck, he continues shooting from the outside of the circle. If the shooter remains in the ring when he has been successful in hitting the duck he continues shooting from where the shooter came to rest. If the shooter remains in the circle when the player has missed the

duck it must be left there and all succeeding players may shoot at it. If the shooter is hit but not knocked out the player hitting it is entitled to one duck. If the shooter is knocked out of the circle the player owning it is out of the game and the player hitting it is entitled to all of the ducks previously won in that game by the owner of the shooter. The player having the greatest number of ducks at the end of the game wins.

2. Span

The player shooting the furthest from a given line has his choice of turn, the next to the furthest has second choice, etc. The game consists of each player in turn attempting to hit the shooters of preceding players by rolling his shooter from a given line. If a player is not successful he may span between his shooter and the nearest one. (Span is to stretch the five fingers between the shooters.) Should the player be able to span the distance he is entitled to his opponent's shooter. After a span or successful shot the player continues to roll until he misses. The winner of the game is the one who wins the greatest number of shooters.

## Jacks

Squad (8-12 players)
Gymnasium, Play Room, Playground, Class Room
6-10 Jacks; Small, Rubber Ball

The players are seated in a small group. Each one plays in turn until she misses, as follows: Toss the jacks on the playing surface,

1. One-sy, Two-sy, etc. Toss the ball up, pick up one jack, catch the ball on first bounce.
   Repeat for each jack. (One-sy.)
   Repeat picking up two jacks at a time (Two-sy).
   Repeat picking up three jacks at a time (Three-sy).
   Repeat picking up four jacks at a time (Four-sy).
   Repeat picking up five jacks at a time (Five-sy).
   Repeat picking up six jacks at a time (Six-sy).
2. Up Cash. Pick the jacks up one at a time with the hand which threw the ball, catch the ball. Toss it again and transfer the jacks into the other hand. Catch the ball on the first bounce.

3. Quick Up Cash. Same as Up Cash except that when ball is thrown the second time, the second jack is picked up, immediately after transferring the first jack into the opposite hand.
4. Down Cash. Similar to Up Cash except on the second bounce of the ball the jacks are put down on the playing surface.
5. Sho-Fly. Play one-sy, etc., by picking up jacks with same hand which threw the ball and changing jacks to the other hand before catching the ball.
6. Quick Sho-Fly. Same as Sho-Fly except that in One-sy, two jacks are picked up at a time; in two-sy, four jacks are picked up at a time; in three-sy, six jacks are picked up at a time. The number of jacks picked up is twice the number in the name.
7. Pigs in the Pen. Place the left hand on the playing surface with the small finger resting against the floor, making the hand in the formation of a cup. Slide the jacks under the hand instead of picking them up.
8. Pigs over the Pen. With knuckles raised place the left hand on the playing surface between the jacks and the right hand. Play one-sy, etc., always bouncing ball to the right of the left hand.
9. Sweep the Floor. In one-sy, etc., push the jacks along the floor before catching the ball.
10. Scrub the Floor. In one-sy, etc., rub the jacks on the floor before catching the ball.
11. Wash the Windows. In one-sy, etc., go through the motion of washing a window after picking up two jacks and before catching the ball.

**Rules of the Game**

1. Jacks must be scrambled (thrown) from one hand.
2. Any number of scrambles are allowed except when the other players call "Fan."
3. Players cannot change position after starting the game.
4. Jacks may be passed from the hand in which the jacks are picked up to the other hand.

5. When one rests on top of another it is called a King. The top one must be removed without touching the other in the One-sy.
6. When a player misses, the play goes to the player at the right. On the second round a player begins where she missed. (If she missed in five-sy she will begin at five-sy the next time.)
7. The ball must be caught with one hand.
8. The ball must not be caught against own person or against any of the other players or objects.
9. The ball or jack must not be dropped.
10. The other jacks must not be touched when picking up a jack.
11. The ball must not bounce more than once.
12. Only one attempt may be made to pick jacks.
13. The correct number of jacks must be picked up.

### End Dodge Ball

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
Soccer Ball

All of the players but six form a circle. The six players form in single file, each child with his hands around the waist of the player in front of him. The players in the circle attempt to hit the end player with the ball and as each one is hit he joins the circle players. When all but one have been hit a new group is chosen. For mass play there should be several groups of six and several balls in use.

### Knee Baseball

Squad (8-12 players)
Gymnasium, Play Room, Playground
Soccer or Basket Ball

Construct a baseball diamond with the lines approximately ten feet long. Divide the players into two groups and assign one group to bat and the other to act as fielders. The players must be on their knees at all times. In running bases or fielding the ball the action must be on the hands and knees. Regulation baseball rules are followed except that the ball is rolled to the batter who hits it with his fist.

KNEE BASEBALL

## CHASING-FLEEING GAMES

### Pinch-O

**Squad (8-12 players)**
**Gymnasium, Play Room, Playground**
**No equipment**

All of the players but one join hands in a line. The odd player, or "It," faces the line about ten feet in front of it. The player at the right end of the line calls "Pinch" and at the same time squeezes the hand of the player next to him. This player in turn squeezes the hand of the player next to him and so on down the line. When the hand of the last player is squeezed he calls "Oh!" At this signal all turn and run to a goal previously decided upon with the "It" chasing them. Any one tagged helps the "It" during the repetition of the game.

### Stone

**Mass (35-80 players)**
**Gymnasium, Play Room, Playground**
**No equipment**

Two goals are marked off, one at each end of the room, and a large circle is drawn half way between them. One of the players represents the stone, and sits on the floor in the center of the circle. The other players dance around on the chalk ring and tease the stone. At any time he wishes the stone may jump

up and chase them. The players run toward either goal, while the stone chases them and attempts to tag as many as possible. All players who are tagged become stones and assist the original stone in catching the others. The game may be made more difficult by having the stones lie at full length in the circle.

### Japanese Tag

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

One player, chosen to be "It," attempts to tag any one of the other players. A player tagged becomes "It" and must chase the others with his hand on the spot where he was tagged until he tags some one else. A good deal of spirit may be added to the game by having the runner try to get the other players into awkward positions by tagging them on the heel, ankle, etc.

### Ostrich Tag

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

This is played the same as ordinary tag except that a player may escape being tagged by putting his right arm under his right knee and holding his nose with his right hand.

### Freight Train Tag

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

All of the players but one form in groups of three, one behind the other, with their arms locked around the waist of the person ahead. This group of three composes the freight train. The odd player is "It" and attempts to hook on to the end of any freight train. When he succeeds in doing this the player at the head of the group becomes "It."

### Bull in the Ring

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

All but one of the players join hands in a circle with the odd player, or the bull, in the center. The bull attempts to break

through the circle by parting the hands of any of the players, or by crawling under or over the joined hands. If he succeeds in breaking through, the two players between whom he went immediately attempt to catch him. The one catching him becomes the next bull.

### Beater Goes Round

Squad (8-12 players)
Gymnasium, Play Room, Playground
Large Handkerchief or Bath Towel Knotted at One End

All players but one stand in a circle, looking straight to the front and holding their hands open behind them. The odd player, the beater, carries the knotted handkerchief round the outside of the circle, and puts it in the hands of any one of the players. The player receiving it immediately strikes his right hand neighbor with it. This neighbor, to escape, runs around the circle back to his own place, while the beater pursues, striking him whenever he is sufficiently near. Meanwhile the person who first had the handkerchief has stepped into the place left vacant by the one to whom he gave it. The beater runs around the circle, and places the handkerchief in the hands of another player and the game continues as before.

### Hill Dill

Mass (35-80 players)
Gymnasium, Playground
No equipment

Two parallel boundary lines are drawn about thirty feet apart. One player is chosen to be "It" and stands in the center. The other players stand in two equal groups beyond the boundary lines, one group on each side. The center player calls out "Hill, dill! come over the hill!" The other players then exchange goals, and as they run across the open space the one in the center tries to tag them. Any who are tagged assist him thereafter in tagging the others.

### Three Deep

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

All of the players but two form a double circle facing the center, that is, in two concentric circles with one player directly be-

hind another. One of the odd players, designated as the chaser or "It" chases the other player around the outside of the circle. The runner may save himself by stopping in front of any couple, whereupon, the last player in that group, which is now "three deep," immediately becomes the runner. He may seek refuge in the same manner. If at any time "It" catches the runner the runner becomes "It" and the original "It" becomes the runner.

### Black Tom

Mass (35-80 players)
Gymnasium, Playground
No equipment

All of the players but one line up at two opposite goals, an equal number at each goal. The odd player, or "It," stands half way between the goals and calls "Black Tom! Black Tom!"

BLACK TOM

At this signal the players must run across to the opposite goal as the "It" attempts to catch them. Any one so caught helps the "It." The center player instead of saying "Black Tom" may trick the runners by calling "Yellow Tom," "Red Tom," or "Blue Tom." or anything else he chooses. Any player who starts to run

across at any signal but "Black Tom" must join the "It." The last one to be caught is "It," for the next game.

### Fire on the Mountain

Mass (35-80 players)
Playground
No equipment

Draw in circle formation two crosses less than there are players. Stones may be used to designate the spots if desired. All but two players stand or sit on these designated spots. One odd player or leader stands in the center of the circle and the other takes a place anywhere outside of the circle. The leader calls out:

"Fire on the mountain. Run, boys, run!
You with the red coat, you with the gun.
Fire on the mountain. Run, boys, run!"

At any time during the verse or at the end he may call out "Base!" This is the signal for all players to change bases. The running must be done around the outside of the circle and no crosscuts are allowed. The leader and the odd player both try

FIRE ON THE MOUNTAIN

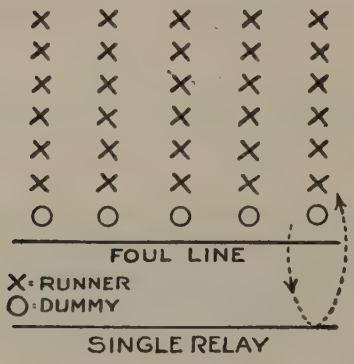
to get a place during the change. The odd players left without places must give forfeits which are redeemed at the end of the game. One of the odd players becomes leader for the next game. This game may also be played by eliminating one odd player each time. If this is done one of the spots must be eliminated also. * This is an old Scotch game and the reference to signal fires on the mountain probably has an historic origin.

*Bancroft, "Games for the Playground, Home, School, and Gymnasium. The Macmillan Company.

### Single Relay

Mass (35-80 players)
Gymnasium, Playground
No equipment

In presenting relays for the first time, usually great difficulty is encountered in keeping the children behind the foul line while they are waiting their turn to run. The following method has proved satisfactory in keeping them behind the line: Choose one child to act as dummy for each team. The dummy stands at the foul line. He does not run. At the signal to start, the first




player runs forward passing to the right of the dummy. As soon as the first runner has left, the second player takes his place behind the dummy with his left hand out waiting to be tagged.

When the the first player returns he tags the left hand of the waiting player, who immediately starts to run, passing to the left of the dummy.

## HIDING-SEEKING GAMES

### Slipper Slap

Squad (8-12 players)
Gymnasium, Play Room, Playground
Old Sneaker or Folded Paper

All of the players but one stand in a circle, shoulder to shoulder. The odd player stands in the center of the circle. The players pass the slipper from hand to hand behind their backs. At every favorable opportunity the one with the slipper slaps the one in the center with it, and instantly puts the slipper behind his back. passing

it on to the next player as soon as possible to avoid being caught with the slipper in his hand. The one in the center tries to discover the player who thus slaps him, before the slipper is passed to another player. When the center player points to the one who slaps him, he changes places with that player.

## JUMPING-HOPPING GAMES

### Rope Jumping

(Stunts Continued from Grade Two.)

The jumps are made in rhythm to the repetition of the verses.

1. "Mother, mother, where's the key?" (Jump towards one end of the rope.)
   "Go ask father." (Jump to other end of rope.)
   "Father, father, where's the key?"
   "Have you washed the dishes?" "Yes."
   "Have you swept the floor?" "Yes."
   "Turn the key in the lock and run out to play."
2. Old man Daisy, what makes you so lazy?
   Up the ladder, down the ladder—A—B—C—
   Salt, vinegar, mustard, pepper. (Turn the rope faster and faster.)
3. Itisket, itasket, a green and yellow basket.
   I lost a letter to my love and on the way
   I found it, I found it, I found it,
   And on the way I found it.
   (Drop and pick up the handkerchief.)
4. Buster Brown, turn around.
   Lady Lady, turn around.
   Buster Brown touch the ground.
   Buster Brown touch your shoe.
   Buster Brown that will do.
5. I asked my mother for fifteen cents
   To see the elephant jump the fence.
   He jumped so high he reached the sky
   And never came back till the Fourth of July.
   (Turn rope higher and higher.)
6. Touch the heel and toe to ground between jumps.

**Double Dutch** (Two Long Ropes)

1. While the two ropes are turned inward, the players run in, jump or skip over each rope in turn as it comes, and run out on the opposite side.
2. Number one is repeated, doing the stunts as described above.
3. The two ropes are turned outward, and the players run in, jump and run out as described above.

**Follow the Leader**

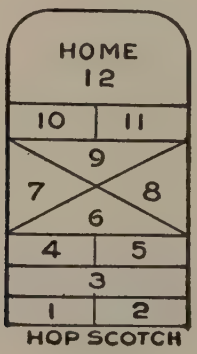
1. The jumpers follow a leader through the ropes performing any feat which he does.

**Double Dutch** (One Long Rope, One Individual Rope)

1. While two turners keep the larger rope turning the jumper turns and skips his own individual rope as well as the large one.
2. Run through the long rope while turning and skipping the individual rope.
3. Run in the long rope and jump while turning and skipping the individual rope.
4. Repeat 3 running in back door.

**Double Dutch** (Two Individual Ropes)

1. Repeat any of the stunts while turning and jumping two small ropes.



## Hop Scotch

Squad (8-12 players)
Gymnasium, Playground
Small Stone, or Flat Disc

Draw a diagram (page 72) on the floor or playground. The first player tosses the object into space one, hops into this space and kicks the object out with the supporting foot. He then tosses the object into space two, hops into space one, and from there into space two. He then kicks the object from space two to space one, and from there out. This continues with the player advancing one space each time until he fouls. It is a foul to hop on a line, to throw or to kick the object so that it rests upon a line, or to fail to throw the object into the correct space. When the players have a second turn they resume their playing where they fouled.

# GRADE FOUR

## CATCHING-THROWING-KICKING GAMES

### Corner Dodge Ball

Mass (35-80 players)
Gymnasium, Play Room
Soccer Ball

*Preparation.* Draw chalk lines diagonally across each corner of the room.

*Players.* Divide the players into four equal groups and assign each group to a corner of the room. For large groups choose at least three "Its" each with a ball and assign them to the center of the room.

*Object.* For all but the "Its" the object is to progress to the next corner without being hit by the ball. For the "Its" the object is to hit as many players with the ball as possible.

*Start.* At a signal all players attempt to progress to the next corner to the right.

*Rules.* Those hit must sit down in the center of the room.

### Drive Ball

Mass (35-80 players)
Gymnasium, Playground
Minimum of 5 Balls (any size)

*Preparation.* At each end of the playing field mark off goals the approximate width of a soccer goal.

*Players.* Divide the players into two equal teams and assign each to one-half of the field. Assign four members of each team to guard the goal.

*Object.* For each team the object of the game is to drive as many balls as possible through the opponent's goal by hitting the ball with the fist (the player stooping over to do so) and at the same time to prevent balls from being driven through its own goal.

*Start.* Place all of the balls in the center of the field and at a signal the players rush forward and hit the balls.

*Rules.* The balls may not be kicked or thrown except by the guards who may kick the balls.

*Scoring.* One point is scored for every ball driven through the opponent's goal.

### Bullets

Mass (35-80 players)
Gymnasium
Minimum of 5 Balls (any size)

*Preparation.* In the center of the playing field and seven feet above the floor stretch a rope.

*Players.* Divide the players into two teams and assign each to one-half of the field.

*Object.* The object of the game is to throw all balls over the rope into the opponent's field.

*Start.* Place all balls in the center of the field and at a signal the teacher scatters them into both fields with the feet.

*Rules.* Balls must be thrown over the rope. Balls may not be kicked.

*Scoring.* The team having the fewest balls in its possession at the end of the game wins.

*Suggestions.* Count the number of balls and bean bags before starting. At the end of the game have all sit. Have children with balls or bean bags in their possession hold them in the air. Count the balls and bean bags and check with original count. If count does not check look under chairs, piano, etc., for lost balls.

### Mass Soccer

Mass (35-80 players)
Gymnasium, Playground
Minimum of 5 Balls

*Preparation.* At each end of the playing field mark off goals the approximate width of a soccer goal.

*Players.* Divide the players into two equal teams and assign each to one-half of the field. Assign four members of each team to guard the goal.

*Object.* The object for each team is to kick the ball through the opponent's goal and at the same time to prevent balls from being kicked through its own goal.

*Start.* Place all balls in the center of the field. At a signal the players rush forward and kick the balls.

*Rules.* The ball may not be touched with the hands except by the guards. The guards may catch and throw a ball when in the area of the goal.

*Scoring.* One point is scored for every ball kicked through the goal.

### Bombardment

Mass (35-80 players)
Gymnasium
Balls, Indian Clubs

*Preparation.* Construct a line across each end of the playing field at least two feet from the wall. Construct a line across the center of the field, dividing it in half. Place half of the Indian clubs on each end line.

*Players.* Divide the players into two teams and assign each team to a position directly in front of the Indian Clubs.

*Start.* Place the balls on the center line. At a signal the players rush forward to obtain a ball.

*Object.* The object of the game for each team is to knock over as many of the opponent's clubs as possible and at the same time to prevent its own clubs from being upset.

*Rules.* Pins must be set up as soon as they are knocked down. Players may not step over the center line.

*Scoring.* One point is scored for every pin a team upsets on the opposite team.

*Suggestions.* If the group is very large, the pins may be set up all over the playing field instead of on the line.

### Duck on the Rock

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
Bean Bags, Indian Club

*Preparation.* Construct a line across one end of the playing field. At right angles to this and approximately twenty-five feet from it, depending upon the size of the field, place the Indian Club or rock.

*Players.* Give each player a bean bag and assign all players but one to positions behind the line. Assign the odd player to a position near the rock to act as the duck guard.

*Object.* The object of the game for all players but the guard is to knock the guard's duck off of the rock by throwing their bean bags at the rock. The object of the guard is to keep his duck on the rock and to tag the players as they attempt to recover their bean bags.

*Start.* At a signal the players throw their bags at the rock, either one at a time or together.

*Rules.* A player may not be tagged if he has his foot on his duck (bag) where it fell when he threw it, nor when he is behind the throwing line. A player may not be tagged when the guard's duck is off of the rock. A player tagged becomes the guard. When a player is tagged the original guard must quickly recover his duck and return to the throwing line, as he may be tagged by the new guard as soon as the new guard's duck is placed on the rock.

## CHASING-FLEEING GAMES

### Pom Pom Pullaway

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

*Preparation.* Construct two goal lines at opposite ends of the playing field.

*Players.* Choose one player to be "It" and assign him to a position half way between the goal lines. Assign the other players to a position behind one of the goal lines.

*Object.* The object of the game for all players but the "It" is to run across the playing field from one goal to the other without being tagged by the "It." The object for the "It" is to tag the players as each one runs across.

*Start.* The "It" calls any player by name, at the same time repeating this rhyme:

"John Smith, Pom Pom Pullaway!
Come away or I'll fetch you away!"

The player called must run across the playing field to the other goal.

*Rules.* A player who is caught must join the "It" and assist him in catching the other players. The first player to be caught is "It" for the next game.

### Red Lion

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

*Preparation.* Construct a rectangle at one end of the playing field for the lion's den.

*Players.* Choose one player to be Red Lion and assign him to a position in the den. Assign all other players to positions immediately outside of the den.

*Object.* For the Red Lion the object is to catch as many players as possible. For the other players the object is to taunt the Red Lion and to escape being caught when he is out of his den.

*Start.* At the signal "Loose" from the leader the Red Lion may run out of his den any time he chooses.

*Rules.* The players venture near the den and taunt the Red Lion with the lines:

"Red Lion, Red Lion, come out of your den!
Whomever you catch will be one of your men!"

When the Red Lion thinks the players are sufficiently near, he dashes out of his den and tries to catch one. A player caught is not his prisoner until he has held him and repeated three times "Red Lion." Both the Lion and prisoner must hurry back to the den, for the players may taunt them and drive them back. The Red Lion and his prisoners may not come out of the den until the leader gives the signal. If the signal is "Cow catcher!" all prisoners held by the Red Lion must run out in a line with hands joined and capture their prisoner by any two slipping their clasped hands over his head. If the signal is "Tight," they must capture their prisoner by surrounding him. If the signal is "Doubles," they must go forth in twos and capture their prisoners by slipping their hands over his head.

## Hopping Relay

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

*Preparation.* Construct a starting line at one end of the playing field.

*Players.* Arrange the players in several teams of approximately ten members each. Assign each team to a position behind the starting line.

*Object.* The object for each member in his turn is to hop forward to the opposite wall, or to a prearranged goal, run back to the starting line, and touch the hand of the next player in line.

*Start.* At a signal from the leader, the first player in each line hops forward as described above.

*Rules.* A player must not start with his foot over the line. A player must not start before he is touched by the incoming runner. A player must hop one way and run one way. A player may change his hopping from one foot to another.

*Scoring.* The team which finishes first and has not fouled wins.

*Note.* Walking, skipping, jumping, etc., may be substituted for hopping.

## All Up Relay

Mass (35-80 players)
Gymnasium, Play Room, Playground
Three Indian Clubs for Each Team

*Preparation.* Construct a starting line at one end of the field. Construct two circles approximately two feet in diameter in front of each team and about forty feet from the starting line. In one of each pair of circles place three Indian clubs.

*Players.* Arrange the players as described in "Hopping Relay."

*Object.* The object for each player in his turn is to run forward, change the clubs in front of his team from one circle to the other, return to his team, and touch the hand of the next player on his team.

*Start.* At a signal from the leader the first player in each team runs forward, changes the clubs, and returns as described under *Object.*

*Rules.* A player must not start over the line. A player must not start before he is touched by the incoming runner. A player may touch the clubs with only one hand. A player must set up a club which falls over before returning to his team.

*Scoring.* The team which finishes first, and has not fouled, wins the game.

### Overhead Relay

Mass (35-80 players)
Gymnasium, Play Room, Playground
One Ball for Each Team

*Preparation.* As for "Hopping Relay."

*Players.* As for "Hopping Relay."

*Object.* The object is to pass the ball down the line over the heads of the players from the first person in line to the last person. The last person receives the ball and immediately runs forward to the head of the line and, facing the same direction as the rest of her team, she starts the ball in progress down the line by first passing it over her own head.

*Start.* At a signal the ball is passed down the line.

*Rules.* The ball must be touched by every player in its progress down the line. The ball must be passed over the heads of the players. If the ball is dropped, it must be started where it left the line.

*Scoring.* Same as for "Hopping Relay."

### Stride Ball Relay

Mass (35-80 players)
Gymnasium, Play Room, Playground
One Ball for Each Team

*Preparation.* As for "Hopping Relay."

*Players.* As for "Hopping Relay."

*Object.* The object is to roll the ball down the line between the legs of the players, which should be spread apart for this purpose. The last player in the line receives the ball and runs forward to the head of the line where, facing the same direction as the rest of the team, she puts the ball in progress by rolling it between her own legs.

*Start.* As for "Overhead Relay."

*Rules.* As for "Overhead Relay."

*Scoring.* As for "Hopping Relay."

### Over and Under Relay

Mass (35-80 players)
Gymnasium, Play Room, Playground
One Ball for Each Team

*Preparation.* As for "Hopping Relay."

*Players.* As for "Hopping Relay."

*Start.* As for "Hopping Relay."

*Object.* The object is to pass the ball down the line as fast as possible, alternately over the head of one player, between the legs of the next. The last player in the line receives it, runs forward to the head of the line where she puts the ball in progress by passing it over her head.

*Rules.* The ball must be passed over and under alternately. For other rules see "Overhead Relay."

*Scoring.* As for "Hopping Relay."

### Shuttle Relay

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

*Preparation.* Construct two parallel lines at opposite ends of the playing field about forty feet apart.

*Players.* Divide the players into several teams of approximately ten players each. Assign half of each team to positions on one line and assign the other half to positions on the other line directly opposite the players on their own team.

*Object.* The object for each player, in turn, as he is touched off, is to run to the opposite end of the playing field where the other members of his team are and touch the hand of the first runner in line.

*Rules.* As for "Hopping Relay," with the exception of the rule regarding hopping. It is wise to have the children stand at the end of the line when they have finished running.

*Score.* As for "Hopping Relay."

### Arch Goal Relay

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

*Preparation.* As for "Hopping Relay."

*Players.* Divide players into several teams of approximately ten players in a team. Arrange each team in a double line and assign to a position behind the starting line.

*Object.* The object is for each two players in turn to run forward as fast as possible to a prearranged goal, with their hands joined, return to the team, touch off the next two runners, and pass down the line under the arch formed by the raised arms of their team mates.

*Rules.* The runners must not start with their feet over the line. The runners must not start before they are touched by the incoming runners. The runners must keep their hands joined. The runners must progress down the line under the raised hands of their team mates.

*Scoring.* Same as for "Hopping Relay."

## HIDING-SEEKING GAMES

### Robbers and Soldiers

Mass (35-80 players)
Playground
No equipment

*Preparation.* Construct a rectangle to represent a prison at one end of the playground.

*Players.* Divide the players into two groups, robbers and soldiers. There should be approximately ten robbers to fifty soldiers (the proportion of one to five). Assign the soldiers to a position in the prison.

*Object.* The object for the soldiers is to capture all of the robbers, and for the robbers the object is to hide so that they cannot be captured and when found to resist capture.

*Start.* The robbers hide and after a short period, the length of which has been previously arranged, the soldiers attempt to find them.

*Rules.* A robber, when found, may be placed in prison. A rob-

ber may resist capture all of the way to prison. A robber may escape from prison at any time if not prevented by the guard.

*Scoring.* The game is won when all of the robbers have been made prisoners.

## JUMPING-HOPPING GAMES

### Leap Frog

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground, Class Room
No equipment

*Preparation.* None.

*Players.* Arrange the players in single file formation in several groups of approximately ten in each group, placing all of the boys together and all of the girls together. Assign one player from each group to a position about ten feet in front of his line. The distance may be shortened if space is limited. This player should bend double and, standing with either his back or his side towards the line, should make a "back" for the first child to jump.

*Object.* The object of the game is for each player in turn to run forward, place his hands on the player who is making the "back," vault over him, run forward, and himself make a "back." If there is more than one "back," he vaults each in turn.

*Start.* The game starts at a signal or whenever the first "back" is ready.

*Variation.* The game may be made more difficult by having the "backs" close together, so that there is no chance for a run between vaults.

*Scoring.* None.

### Leap Frog Race

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

Similar to "Leap Frog," except that instead of continuing to jump indefinitely the game is completed when the first back has jumped over all of the backs. The team finishing first wins.

### Leader and Footer

Squad (8-12 players)
Gymnasium, Play Room, Playground
No equipment

*Preparation.* None.

*Players.* Arrange all but two of the players in a column. The first player is the "Leader" and the last is the "Footer." Place the two odd players thirty feet apart, directly in front of the column. Have each lean forward and put his hands on his knees.

*Object.* The object is to straddle vault the first "back," progress the distance between the two backs as stipulated by the "footer," and straddle vault the second "back."

*Start.* The game is started by the "Leader" as soon as the "Footer" has stipulated how to progress the distance between the two backs.

*Rules.* Any player failing to perform any one of the required feats becomes "Second Back." "Second Back" then becomes "First Back" and "First Back" becomes "Leader." A player may challenge the "Footer" at any time, who, when challenged, must perform the feat stipulated. If he succeeds the one challenging becomes "Second Back." If he fails, he becomes "Second Back." The "Footer" may request that the distance between the "backs" be covered by hopping on one foot, by five hops, a hop, step, and jump, etc.

## MISCELLANEOUS GAMES

### Stilt Walking

Squad (8-12 players)
Gymnasium, Playground
Stilts

*Preparation.* The stilts, made of any strong wood, should be approximately six feet long. They should be shaped to fit the hand at the top. The foot-piece should be hollowed slightly and placed at right angles to the upright one foot from the ground. A strap should not be put across the foot-piece, as this renders it more difficult to remove the foot quickly in case of falling. The players take turns in attempting to walk on the stilts.

# GRADE FIVE

## CATCHING-THROWING-KICKING GAMES

### Newcomb

Mass (35-80 players)
Gymnasium
Soccer or Basket Ball; Rope

*Preparation.* Stretch a rope across the center of the playing field, approximately seven feet above the floor.

*Players.* Divide the group into two teams and assign each team to one-half of the playing field.

*Object.* The object of the game is to throw the ball over the rope and to catch it when it is thrown by a member of the opposing team.

*Start.* The game is started by giving the ball to one team to throw over the rope into the opponent's court. In the second half the other team starts the ball.

*Rules.* The ball must be thrown over the rope. The ball must be caught in the air before it touches the floor. Only one step may be taken by a player holding the ball. The ball must be thrown immediately.

*Scoring.* One point is scored for every infringement of the above rules.

### Progressive Dodge Ball

Mass (35-80 players)
Gymnasium
Soccer or Basket Ball

*Preparation.* Divide the playing space into three equal courts.

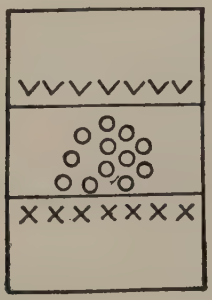
*Players.* Divide the players into three equal teams and assign each to one of the courts.

*Object.* The object for the two end teams is to hit the players of the center team with the ball and themselves avoid being hit by

the center team. The object for the center team is to hit the members of the two outside teams with the ball and avoid being hit by members of the end teams.

*Start.* The game is played in three innings with the teams in different courts each inning. At the beginning of each inning the ball is given to the center team.

*Rules.* A player hit by a flying ball is out of the game during the rest of that inning. (If the ball has touched the floor or bounced from any object or another player, the player hit is not



| TEAM | INNINGS | | | TOTAL |
|---|---|---|---|---|
| RED | 0 | 6 | 3 | 9 |
| WHITE | 4 | 3 | 3 | 10 |
| BLUE | 2 | 3 | 6 | 11 |

PROGRESSIVE DODGE BALL

out.) The center players may be hit by either team of end players. A player must not step over the boundary lines. At the close of each inning the players progress to the next court to the right. When this change is made, all players hit during the preceding inning return to the game for the new inning.

*Scoring.* One point is scored against a team for every player hit. The team with the smallest score at the end of the third inning wins.

### Pitching Horse Shoes

Squad (8-12 players)
Playground
4 Horse Shoes, 2 Pegs

*Preparation.* Drive two pegs one inch in diameter in the ground, approximately thirty feet apart.

*Players.* If two people play, both throw from the same end. If more than two play, divide the players into teams, and assign half of each team to throw from one end and half to throw from the other end. Each player then throws in turn, there being one player from each team, throwing every time.

*Object.* The object of the game is to throw the horse shoes over the peg.

*Start.* The first and second players, each taking two horse shoes, stand on a line with the peg or behind it. The first player throws both of his horse shoes before the second player throws either of his.

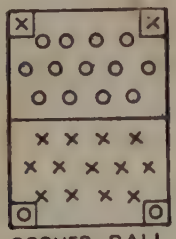
*Rules.* A player must not step beyond the peg when throwing. When only two people are playing, both players alternately throw from the same end. When more than two are playing, the players remain at the end to which they were first assigned and always throw from that end.

*Scoring.* A ringer scores ten points, and a leaner (shoe resting against the peg) five points. If no leaner or ringer is scored, the shoe nearest the peg scores one point. If both shoes of one player are nearer than either of the shoes of the other player, two points are scored. A regulation game is twenty-one points.

## Corner Ball

Mass (35-80 players)
Gymnasium
Soccer or Basket Ball

*Preparations.* Construct a line across the center of the playing space, dividing it in half. At each of the four corners of the playing field construct a square approximately six feet on each side.




*Players.* Divide the players into two equal teams and assign each to one-half of the playing space. Assign two players from each team to stand in the goals facing their teams.

*Object.* The object of the game is to throw the ball over the heads of the opposing team to the goal men.

*Start.* The game is started by tossing the ball between two opposing players, who attempt to tip it back to their own teams.

*Rules.* A player may not cross the center line. The goal men may not step out of their goals. A player may not step inside his opponent's goal. When a goal man catches the ball, he at once returns it to his own team.

*Score.* One point shall be scored whenever a baseman receives the ball from a member of his team.

### End Ball

Mass (35-80 players)
Gymnasium
Soccer or Basket Ball

*Preparation.* Construct a line across the center of the playing field, dividing it in half. At each end of the field construct a line four feet from the end or wall and parallel to it.

*Players.* Divide the players into equal teams and assign each to one-half of the playing space. Assign two players from each team to act as basemen and place them in the bases opposite their teams.

*Object.* The object is to throw the ball over the heads of the opposing team to the basemen.

*Start.* As in "Corner Ball."

*Rules.* A player may not step over the center line nor the base lines. A player may not take more than one step with the ball. A player may not touch the ball when any one else is holding it. A player may not hold or push another player. For any infringement of these rules the ball shall be given to the opposing team.

*Score.* One point shall be scored whenever a baseman receives the ball either on a throw from his own team or by its rolling into his territory. After a point is scored, the ball is left in play and returned by the baseman to a member of his team.

**Game Tournament** (See Competitive Athletics)

**Hit Pin** (See Competitive Athletics)

### Swat Ball

Mass (35-80 players)
Gymnasium, Playground
Balls, Bean Bags

*Preparation.* None.

*Players.* Divide the players into two equal teams, and assign to each team one-half of the playing space.

*Object.* The object is to hit as many opponents as possible with the ball or bean bags and to avoid being hit by the opponents' balls and bean bags.

*Start.* Give half of the balls to each team. At a signal both teams attempt to hit members of the opposing team as described under "object."

*Rules.* A player hit by a ball or bean bag must step out of the game.

*Score.* The team having the greatest number of players when time is called wins.

### Bases on Ball

Mass (35-80 players)
Playground
Soccer Ball

*Preparation.* Construct a baseball diamond with a maximum of sixty feet between bases.

*Players.* Divide the players into two equal teams, and line them up on either side of the home-plate. The first player on the kicking team takes his place on the home-plate while the first player on the fielding team takes his place in the field.

*Object.* The object is to kick the ball, run around the diamond touching each base in turn, and return to the home-plate before the fielder has secured the ball and has returned to the home-plate with it.

*Start.* As soon as the fielder has taken his place in the field the kicker places the ball in front of him and kicks it.

*Rules.* The teams alternate turns in kicking and fielding. No run is scored if the fielder catches a fly.

*Score.* One point is scored for every base reached by the kicker before the fielder reaches the home-plate. Thus, one point is scored if the kicker reaches first base, two points if he reaches second

base, three points if he reaches third base, and four points if he reaches home.

## CHASING-FLEEING GAMES

### Hip

Mass (35-80 players)
Playground
Wand

*Preparation.* None.

*Players.* Arrange the players in an informal group around one player or "Hip" who holds the wand.

*Object.* For "Hip" the object is to touch any one of the players with his wand and for all others the object is to escape being touched by "Hip."

*Start.* The player with the wand throws it as far as possible and at the same time calls the name of one of the other players and shouts "Hip." All players but the one called run away as fast as possible. The one called, picks up the wand and thereafter becomes "Hip."

*Rules.* A player caught by "Hip" and touched by his wand becomes an assistant to "Hip." A player caught by an assistant must be held until "Hip" touches him with the wand.

*Score.* The game ends when all have been caught.

### Horse and Rider

Squad (Boys)
Gymnasium, Play Room, Playground
No equipment

*Preparation.* None.

*Players.* Have players take partners with one player in each couple on the back of his partner. The "horse" is in an upright position and not on all fours.

*Object.* The object for each rider is to pull off any one of the other riders.

*Start.* The game starts when all are ready.

*Rules.* A rider who is dismounted becomes his partner's horse.

*Score.* The rider who meets all comers and remains seated on his horse wins the game.

## Club Snatch

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
One Indian Club

*Preparation.* Construct two goal lines at each end of the playing space. Place the Indian club in a small circle in the center of the playing field.

*Players.* Divide the players in two equal teams and assign each to a goal.

*Object.* The object of the game is for each player in turn to run out into the playing space, snatch the club from its circle, and return to the goal without being caught by the opposing player who is also trying to secure the club.

*Start.* The players of each team line up and at a signal from the leader or teacher the first player on each team runs forward and attempts to secure the club.

*Rules.* As soon as a player has touched the club he may be caught by the opposing player. A player may not catch or attempt to catch an opposing player until the opponent has touched the club. As soon as one player touches or picks up the club, the opposing player should chase him and attempt to catch him before he returns to the goal.

*Score.* A player who successfully brings home the club without being caught scores one point for his team. A player who catches his opponent scores one point for his team.

## Circle Relay

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

*Preparation.* None.

*Players.* Divide the players into several teams of equal number and arrange them in single file facing a common center, so that the lines radiate from the center like the spokes of a wheel.

*Object.* The object for each player in turn is to run around the outside of the circle faster than the runners of the opposing teams, return to his team, and touch the outstretched hand of the next runner in line.

*Start.* The last person on each team faces around to the right

and at a signal from the teacher runs around the circle and returns to his team as described above.

*Rules.* The player must not start before he is touched by the incoming player on his team. A runner may pass any one of his

CIRCLE RELAY

opposing runners. As soon as the incoming player has touched off the next runner in line, he takes a place at the head of the line in the center of the circle.

### Chinese Wall

**Mass (35-80 players)**
**Gymnasium, Playground**
**No equipment**

*Preparation.* Construct a goal line at each end of the playing space. In the center of the playing space construct two lines parallel to each other and ten feet apart to represent the wall.

*Players.* All of the players but one stand behind one goal line. The odd player or "It" stands between the two center lines or on the wall.

*Object.* The object is to run across the playing space without being caught by the "It."

*Start.* The "It" calls "Start," at which signal all must run across the field to the other goal.

*Rules.* The "It" may not overstep the boundaries of the wall. All players tagged by the "It" join him in his attempt to catch the other players. When all players have run across to the opposite goal the game is repeated.

*Score.* No points are scored. The last player to be caught becomes "It" for a repetition of the game.

## HIDING-SEEKING GAMES

### Run Sheep Run

Mass (35-80 players)
Playground
No equipment

*Preparation.* None.

*Players.* Divide the players into two equal teams and assign one player on each team to be captain.

*Object.* The object of the game is to seek out and find the hiding team and to reach the goal before it does.

*Start.* One team remains at the goal while the other team hides. The captain of the hiding team returns to the goal when his team is hidden, and accompanies the opposing team while they search.

*Rules.* The captain may arrange signals with his team, such as "Red," meaning danger; "Green," meaning "Go around the house to the left"; "Purple," meaning "Get nearer the goal," etc. When any member of the searching party sees the hiding team, he must tell his captain, who calls "Run, Sheep, Run!" At this signal all must return to the goal. Should the captain of the hiding team feel the searching party is far enough away from his team to enable them to return to the goal, he should call, "Run, Sheep, Run!"

*Score.* The team wins whose members first return to the goal.

## MISCELLANEOUS GAMES

### Tug of War

Mass (35-80 players)
Playground
Long, Stout Rope

*Preparation.* Draw a line on the ground approximately ten feet long. Stretch the rope out straight and place it on the ground

at right angles to the line, so that half of the rope lies on either side of the line.

*Players.* Divide the class into two equal teams, arranging them in single files and assigning each team to one-half of the rope.

*Object.* The object is to pull the opposing team over the line.

*Start.* The members of each team line up on their own side of the line, and grasp the rope with both hands. The first player on each team stands with his foot on the line. At a signal all players pull.

*Score.* The team which first pulls its opponents ten feet past the center line wins the game.

### Catch and Pull Tug of War

Squad, Mass (8-80 players)
Gymnasium, Play Room, Playground
No equipment

*Preparation.* Draw a line across the middle of the playing space.

*Players.* Divide the players into two equal teams and assign each team to positions on opposite sides of the line.

*Object.* The object of the game is to catch hold of an opponent and pull him over the line.

*Start.* At a signal each player attempts to pull an opponent over the line, as described above.

*Rules.* A player pulled over the line becomes a member of the opposing team. Any number of players may attempt to pull a player over the line, and any number of his team mates may come to his rescue.

*Score.* The team wins which has the greatest number of players at the end of the game.

### Human Burden

Mass (35-80 players)
Gymnasium, Play Room, Playground
No equipment

*Preparation.* Draw a starting line at one end of the playing field, and a goal line at the opposite end.

*Players.* Divide the players into several teams of approximately ten each. Arrange each team in a single file and assign

each to a position behind the starting line. Assign the first person on each team to a position directly opposite his team behind the goal line.

*Object.* The object is to run down to the goal line with the incoming person, return to the starting line, take the next person in line by the hand, and run back to the goal line.

*Start.* At a signal the first player on each team, who has previously been assigned to a position behind the goal line, runs forward to his team, takes the first person in that line by the hand, and returns to the goal line with him. The first runner then remains behind the goal while the second runner returns to the team, takes the next person in line by the hand and returns to the goal with him. This continues until the whole team is behind the goal line.

*Rules.* Players must start behind the line. Players must keep their hands joined until the opposite line is reached. Players must not start until they are touched by the incoming players.

*Score.* The first team to finish, which has not fouled, wins the game.

# GRADE SIX

## CATCHING-THROWING-KICKING GAMES

### Mount Ball

Squad (8-12 *Boys*)
Gymnasium, Play Room, Playground
Soccer or Basket Ball

*Preparation.* None.

*Players.* Have players take partners and form a large circle. Have one player in each couple get on the back of his partner, who bends forward and places his hands on his knees.

*Object.* The object of the game is to toss the ball back and forth between riders while the ponies twist and rear but must not leave their places in the circle.

*Start.* When all are ready, toss the ball to one player, who tosses to another player, and so on.

*Rules.* A rider who is dismounted or fails to catch the ball becomes the pony for his partner.

### Bound Ball

Mass (35-80 players)
Gymnasium, Play Room
Soccer or Volley Ball

*Preparation.* Draw a line across the center of the playing field, dividing it in half.

*Players.* Divide the players into two teams and assign each team to half of the playing field.

*Object.* The object is to bounce the ball across the line to the opposing team.

*Start.* The ball is tossed up in the center as near the line as possible and allowed to bounce. The player nearest the ball when it bounces hits it and either bounces it to another player on his team or across the line to the opposing team.

*Rules.* The ball must bounce once before it is struck. The ball must be struck before it has bounced a second time. The ball must not be struck in such a way that it rolls on the floor or fails to bounce as high as the knees.

*Score.* An infringement of any of the above rules constitutes a foul. The team with the least number of fouls wins the game.

### Side Kick

Mass (35-80 players)
Gymnasium, Playground
Soccer Ball

*Preparation.* Draw a line at each end of the playing space.

*Players.* Divide the players into two equal teams and assign each team to a position behind the goal lines. Assign one player from each team to be kicker.

*Object.* The object of the game is to kick the ball through the opponent's goal line.

*Start.* Place the ball in the center of the playing space between the two kickers. At a signal each tries to kick the ball towards his opponent's goal.

*Rules.* The kickers may not touch the ball with their hands. The goal players may stop the ball with their hands, but may not throw it. The ball is put in play in the center, and new kickers are assigned after every score. The goal players in kicking the ball away from the line should attempt to kick it to their center player. The kickers should dribble the ball towards the opponent's line before kicking it. The ball must not be kicked above the heads of the players.

*Score.* One point is scored every time the ball is kicked through the opposing goal.

### Liberty Bat Ball

Mass (35-80 players)
Gymnasium, Playground
Soccer or Volley Ball, Jump Standard

*Preparation.* Construct a home-plate approximately eighteen by twenty-four inches. Place the jump standard approximately forty feet from it.

*Players.* Divide the players into two teams of equal number. Assign all but one of the players of one team to a position in the field. Assign the odd player to a position behind the home-plate. Line the other team up to bat.

*Object.* The object is to bat the ball with the fist, run around the jump standard, and return home without being hit by the ball when thrown by an opponent in the field.

*Start.* When both teams are ready, the first batter takes a position on the home-plate and, tossing the ball with his left hand, he bats it with the fist of his right.

*Rules.* A batter is permitted three attempts to bat the ball. If the batter fails to hit a fair ball in three attempts, he is out. The batter is out if he is hit by the ball any time while he is attempting to run around the standard until he has again reached the home-plate. When the batting team has three outs, they become fielders and the fielders become batters. A fielder may take only one step while holding the ball. A fielder may not hold the ball longer than three seconds.

*Score.* One point is scored for every successful run.

### Crowd Ball

Mass (35-80 players)
Gymnasium, Playground
Basket Ball or Cage Ball

*Preparation.* Mark off a goal the entire width of the playing space at each end of the field.

*Players.* Divide the players into two equal teams and assign each to one-half of the playing space.

*Object.* The object of the game is to push or bat the ball between the opponents' goal.

*Start.* The ball is tossed into the air, and the players immediately rush forward and attempt to hit it towards their opponents' goal.

*Rules.* The ball must be batted or pushed. The ball must not touch the ground. The ball must not be caught.

*Score.* One point is scored every time the ball is forced across the opponents' goal.

## Schlag Ball

Mass (35-80 players)
Gymnasium, Playground
Soccer Ball, Jump Standard

*Preparation.* Same as for "Liberty Bat Ball."

*Players.* Same as for "Liberty Bat Ball."

*Object.* The object is to kick the ball, run around the jump standard, and return to the home-plate before the ball has been thrown to the catcher.

*Start.* When both teams are ready, the first person in the kicking line steps into the home-plate and kicks the ball.

*Rules.* The ball must be kicked from the hands (punted) and not from the floor. The kicker is permitted three attempts to make a kick. If he is not successful, he is out. The kicker is out if he kicks a fly which is caught. The kicker is out if the ball is returned to the catcher before the kicker reaches the home-plate. The catcher, however, must have his foot on the plate when holding the ball and must not drop it thereafter. When the kicking team has three outs, the fielders become kickers and the kickers become fielders.

*Score.* One point is scored for every successful run.

## Long Ball

Mass (maximum 40)
Gymnasium, Playground
Indoor Ball; Bat

*Preparation.* Construct a home-plate of the same dimensions as a baseball home-plate. At least thirty feet directly in front of it construct a base the size of a small mat. (A mat may be used if desired.)

*Players.* Divide the players into two teams and line one team up to bat. Assign the other team to positions in the field. There should be a pitcher, catcher, baseman, and fielders.

*Object.* The object is to bat the ball, run to the base and back again without being put out.

*Start.* When both teams are ready, the first batter at the signal from the umpire steps up to the home-plate. The umpire calls, "Play ball," and the pitcher pitches the ball.

*Rules.* The batter is out if he hits a fly caught ball; if the ball is thrown to the baseman, who holds it with his foot on the

base before the batter reaches it; if he is hit by a ball thrown by a fielder; if he is touched by the ball when held by any opposing player at any time when he is not touching a base. After three outs the teams change places. Any number of runners may be on the long base at one time, but the first runner there must be the first one to run home, and so on.

*Score.* One point is scored for every successful run.

## CHASING-FLEEING GAMES

### Barley Break

Mass (35-80 players)
Gymnasium, Playground
No equipment

*Preparation.* Divide the playing field into three equal spaces.

*Players.* Assign at least one couple (three or four if the group is large) to a position in the center space. Assign one-half of the remaining players to one end of the field and one-half to the other end of the field. Have all players in the end spaces take partners.

*Object.* The object is to run into the center space or barley field without being caught by the center couple.

*Start.* The game starts at a signal from the teacher.

*Rules.* The center couple must keep their arms or hands joined at all times. The end couples do not have to keep their hands joined. When an end player is caught, he must remain stationary in the barley field until his partner is caught. When the partner is caught, that couple changes places with the center couple and all previously caught return to their respective fields. On venturing into the barley field the end players taunt the center couple by crying "Barley break!"

### Prisoner's Base

Mass (maximum 40)
Gymnasium, Playground
No equipment

*Preparation.* At each end of the playing space construct a goal, each large enough to hold one team.

*Players.* Divide the players into two teams of equal number, each with a captain, and assign each to a goal or base.

*Object.* The objects are to secure prisoners from the opposing team, to avoid becoming a prisoner, and to enter the base of the opposing team.

*Start.* At a signal from the teacher or leader, one captain sends a player away from the base. Immediately the opposing captain sends a player out to catch him. The first captain then sends out a second player to catch the first sent out by the opposing captain, and so on.

*Rules.* A player may catch only those players who left the base before he did. A player made a prisoner stands with one foot in his opponent's base and his hand outstretched so that he may be touched by a team-mate. A team-mate, at any time, may free a prisoner by touching him on the hand. When there are several prisoners, they join hands, and only the last person in line must be in the base. A player not caught may return to his base at any time.

*Score.* The team securing the greatest number of prisoners wins or the team which first enters the opponent's base when there are no prisoners therein wins.

## HIDING-SEEKING-GAMES

### Yards Off

Mass (35-80 players)
Playground
Wand or Light Stick Two to Three Feet in Length

*Preparation.* Select a suitable goal such as a post, or corner of building.

*Players.* Choose one player to be "It" and one to be the thrower. Group other players around goal informally.

*Object.* The object is to hide from the "It" as soon as the stick is thrown, and when the stick is set up against the goal to upset it without being seen by the "It."

*Start.* With all the players grouped about the goal, the thrower picks up the stick and, calling the name of a player, who thereafter is "It," throws it as far as possible. All players but the one called immediately hide. The "It" must walk to the stick, bring it back to the goal, and set it up against the goal before he may look for any of the hiding players.

*Rules.* All players found by the "It" become prisoners at the goal. A player not detected by the "It" may return to the goal, throw away the stick, and thus free all prisoners who immediately hide. The "It" must set the stick against the goal before he may seek further for the players.

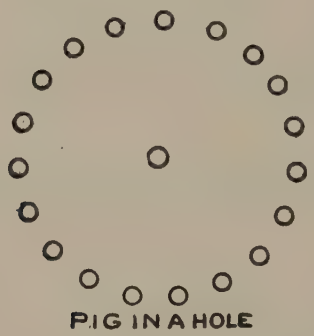
*Score.* The last player to be caught becomes "It" for the next game.

## MISCELLANEOUS GAMES

### Pig in a Hole

Squad (8-12 players)
Gymnasium, Playground
Wands for Each Player; Basket Ball

*Preparation.* Draw one large circle measuring approximately fifteen inches in diameter. Grouped around the large circle, draw a sufficient number of small circles about four inches in diameter




so that all players but one may have a circle. Give each player a wand.

*Players.* Group all players around the center circle.

*Object.* The object for the odd player is to get the basket ball into the large circle with his stick or to place his stick in one of the small circles. For all other players the object is to prevent both of these.

*Start.* Place the ball in the center circle and have all players place their sticks under it. At a signal they count "One, two, three," and on the last count each rushes for a small circle and places his stick in it. An odd player will be left without a hole.
three," and on the last count they push the ball from the circle. Each then rushes for a small circle and places his stick in it. An odd player will be left without a hole.

*Rules.* The ball may be played only with the stick. The players may leave their small circles at any time to block the ball. If the "It" succeeds in putting his stick in a small circle the one left without a circle becomes "It." The "It" may not place his stick in a small circle which is already occupied by the stick of another player.

*Score.* If the "It" succeeds in getting the ball into the circle, he wins, and the game starts as before.

# GRADES SEVEN AND EIGHT

## CATCHING-THROWING-KICKING GAMES

### Scrub

Mass (35-40 players)
Gymnasium, Playground
Indoor Ball, Bat

*Preparations.* Construct a baseball diamond.

*Players.* Assign five or six to be batters and the rest of the players to be fielders, basemen, pitcher and catcher.

*Object.* The object for the batter is to hit the ball and to run around the bases without being put out. For all other players the object is to put the batter out.

*Start.* As in "Baseball."

*Rules.* Every time a batter is put out he becomes right fielder. All players then progress, the fielders rotating towards the left field. The left fielder becomes shortstop, shortstop becomes third baseman, the basemen rotate towards first base, first baseman becomes pitcher, pitcher becomes catcher, and the catcher becomes batter. Baseball rules are used throughout.

*Score.* Each player scores one point whenever he makes a run.

### Mass Basket Ball

Mass (35-80 players)
Gymnasium
Soccer Balls, Basket Balls

*Preparation.* None.

*Players.* Divide the players into two teams of equal number. Assign a few of the players on each team to be guards and the rest forwards. Assign each team a basket.

*Object.* The object is to throw the ball through the basket or to hit the back-board of the basket.

*Start.* The balls are divided equally and given to individual players on each team.

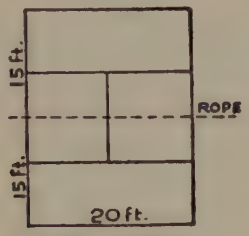
*Rules.* A player may take but one step while holding the ball. A player may not touch a ball held by another player.

*Score.* One point is scored every time a player hits the backboard with the ball. Two points are scored every time a player shoots the ball through the basket.

## Deck Tennis

Squad (2-8 players)
Gymnasium
Jump Standards; Rope; 2 Rope Discs

*Preparation.* Use two rope circles six inches in diameter. The rope should be approximately one-half inch thick and should be spliced instead of knotted. Stretch an ordinary rope at least six feet from the ground between two jump standards. Mark



DECK TENNIS

out a court similar to a singles tennis court but about one-third the size.

*Players.* The game is usually played with four—two on each side of the rope, but as many as eight may play. If four play, partners are chosen and play together as in tennis, each one taking one side of their half of the court. If more play they are scattered about each half of the court so that the entire playing space is covered.

*Object.* The object is to toss the rope circle back and forth across the rope without letting it fall to the ground.

*Start.* The game is started by a player on one team tossing (serving) the circle over the rope into the court on the other side. If he fails he has a second trial.

*Rules.* The circle must be caught in one hand and immediately returned across the rope with the same hand. It may not be caught against the body.

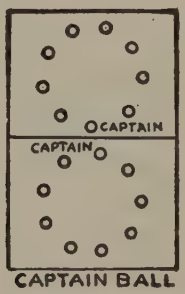
*Score.* The scoring is the same as in tennis. A point is scored by the opposing side if the circle fails to go over the rope, or into the opponents' court; if the circle is not caught; if the circle is caught against the body; if the circle is not caught with one hand; if the circle is not returned immediately. After each score the circle is served by the same team which started the game. At the end of each game the serve is changed.

### Captain Ball

Mass (35-80 players)
Gymnasium, Playground
Basket Ball

*Preparation.* Construct a line across the center of the playing field, and in each half of the field construct as many 3-foot circles as there is space. These should not be closer together than four feet.

*Players.* Divide the group into two teams and appoint a captain for each team. Assign the captain of each team to a position within the nearest circle to the center line. Half of the players



CAPTAIN BALL

on each team take positions in the circles on the same side as the captain. The other half take positions as guards in front of each circle at the opposite end of the field. Although each guard is responsible for guarding the baseman in front of whom he is standing, all guards may move about freely in the opponents' territory.

*Objects.* The objects are to throw the ball from baseman to baseman completely around the circle without its being caught by an opponent and to throw the ball to the captain.

*Start.* The ball is tossed up in the center of the field between two designated players and the guards on each team attempt to gain possession of it.

*Rules.* A player may not kick the ball. A player may not hand the ball to another player. A player may not take more than one step with the ball. A player may not hold the ball longer than three seconds. A player may not touch the ball when it is held by another player. A baseman may not step out of his base even with one foot. A guard may not step into the base or over the center line.

*Score.* One point is scored for every infringement of the above rules. Two points are scored every time the captain gains possession of the ball. Two points are scored every time the ball makes the complete circuit of circles. The ball is put in play at the center after the captain gains possession of it.

**Fist Ball** (See Competitive Athletics)

**Nine Court Basket Ball** (See Competitive Athletics)

### Volley Ball

Mass (35-80 players)
Gymnasium, Playground
Rope or Net; Volley Ball

*Preparation.* Construct a playing court approximately twenty-five feet by fifty feet. Divide it in half by stretching a net or rope across the center at a height of seven feet.

*Players.* Divide the players into two teams and assign each team to one-half of the field. Any number may play.

*Object.* The object is to bat the ball back and forth across the net.

*Start.* The ball is given to one member of a team who stands with both feet behind the end line, tosses the ball in the air, and strikes it with his hand in such a way that the ball will go over the net into the opponents' court. A second trial is given if the player fails on the first.

*Rules.* A player must bat the ball over the net. He may not catch it or throw it. Any number of players may bat the ball before it is batted over the net except on the serve. On the serve players may assist the ball over the net on the second trial. If the ball falls to the ground, is caught, or touches the net, play ceases momentarily. The ball is put in play by the team opposite to the

one making the error. The serve is retained by a team and the same member continues to serve until he fails to make a good serve or his team fails to return the ball. The next time his team serves the ball a different member acts as server.

*Score.* A team may score only when serving. One point is scored whenever the opposing team fails to play the ball over the net into the court. If the serving team fails the serve is given to the opponents. Twenty-one points make a game.

*Adaptation.* It is well for beginners to allow the ball to bounce once before returning it.

### Hand Ball (Adaptation)

2 or 4 Players
Gymnasium, Playground
Rubber Ball

*Preparation.* Construct a playing field twenty feet wide and thirty feet long, one end of which is against a blank wall. Twenty feet from the wall draw a line across the playing field.

*Players.* If four play, have them choose partners and assign each couple to one-half of the field.

*Object.* The object is to bat the ball against the wall in such a way that it will rebound so that it will be difficult for the opponent to strike it.

*Start.* The game is started by one member of a team who bounces the ball on the ground in front of him, strikes it so that it will hit the wall, rebound on the opponents' side of the court within the space between the wall and the first line.

*Rules.* The ball must be struck before it bounces twice. The ball may be struck in the air except on the serve. The ball is struck alternately by first one team and then the other. In serving, a player serves first one member of a team and then the other. A player must give his opponent sufficient room to return the ball.

*Score.* Play stops temporarily when either side fails to return the ball. If the receiver fails to return the ball one point is scored for the server. If the server fails to return it or fails to make a good serve the serve goes to his opponent. The game is twenty-one points. A team may score only when it is serving.

### Soccer (See Competitive Athletics)

**Basket Ball (Boys)** (See Competitive Athletics)

**Baseball** (See Competitive Athletics)

## MISCELLANEOUS GAMES

### Shuffle Board

Squad (2-4 players)
Gymnasium
8 Wooden Discs 6 Inches in Diameter and 1 Inch Thick; 2 Wooden Staffs

*Preparation.* Have made in the manual training department two wooden staffs four feet in length with a pusher at one end put on at an angle to the handle in such a way that when the handle is held in the hand the pusher rests on the floor about three feet ahead. Have made eight wooden discs one inch thick and six

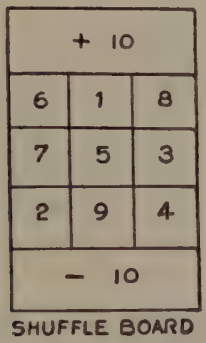



Diagram II. Dimensions 3 × 5 feet.

inches in diameter. Draw two diagrams on the floor like Diagram II, fifteen feet apart with the −10 ends towards one another.

*Players.* Two, four, or eight people may play. When four or eight play divide them into two teams of equal number and assign half of each team to each end of the playing space.

*Object.* The object is to shove the discs into the spaces on the opposite diagram.

*Start.* Half of the discs are given to each team and when the maximum number are playing each player has one turn. The first player on one team places his disc on a line even with the minus end of the diagram and shoves his disc towards the other diagram. As soon as he has played, the first player on the opposing team at the same end shoves a disc. They continue alternating the play until the eight discs have been played.

*Rules.* The disc must be pushed with the staff and the staff removed as soon as the disc has gained momentum. It is considered good play to hit the opponents' discs and knock them out of the diagram whenever possible. When all discs have been played the score for each team is recorded and the discs are played back to the other diagram by the second group of players who were assigned to that end.

*Score.* The game is 50. A disc resting in a space scores the number of that space. A disc resting in the minus 10 space removes 10 points from the score. A disc resting on a line scores nothing.

# PART III

# COMPETITIVE ATHLETICS

# COMPETITIVE ATHLETICS
## FOR BOYS AND GIRLS

### GENERAL ADMINISTRATION

#### Eligibility Rules

The department reserves the right to pass on any case where there has been an apparent attempt to defeat the spirit of fair competition between schools or individuals, even though no existing rule has been openly broken.

To be eligible in any branch of sport, a pupil must be in good standing at the school of which he is a member, and must not have been absent for more than five consecutive days next preceding the day of competition.

Age is to be taken for each semester as the age at the beginning of that semester. This rule will apply for all branches of athletics.

Pupils attending ungraded or * Special B classes are not eligible to compete on regular teams, nor is any special pupil eligible to compete on a regular school team where schedules have been made for competition for that group.

In all interschool competition there is an age limit which must be carefully observed. A pupil of fifteen years of age or over, or who has passed from the A-6th grade, is not eligible to compete on a Junior team. A pupil of seventeen years of age, or who has passed from the A-8th grade, is not eligible to compete on a Senior team.

In the decathlon and pentathlon tests, pupils will be placed in one classification, as both of these contests are all around tests, and there will be no discrimination made with reference to age, except that a pupil over seventeen years of age will not be allowed to take part in the test.

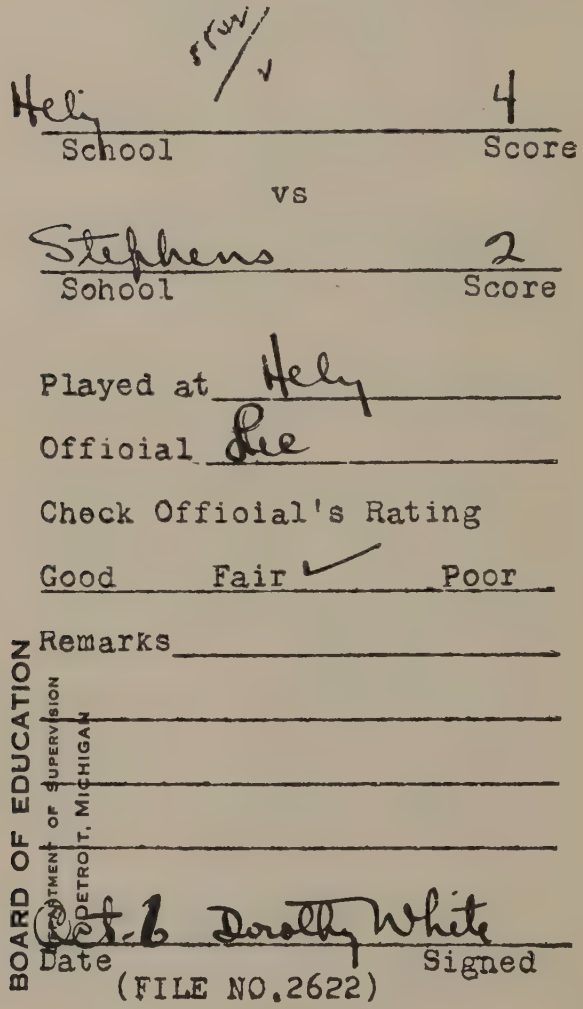
#### Schedules

Schedules will be sent to the schools just prior to the opening of the season in each event.

* Mentally subnormal.

Reports

Reports on every game should be sent in by each school competing. These reports should be in the health education office




INSTRUCTOR'S REPORT
(A similar report is sent in by the other instructor)

within three days of the playing of the game. In all cases where possible, report games on official card furnished by the Department of Health Education.

### Time

Games in all branches of interschool athletics are scheduled to be played at 3.30 p. m. If either team fails to appear, the one on the ground must wait until at least 4:10 before claiming a forfeiture. In order to play at 3:30, it is necessary for a team to leave school before the regular closing hour. This, of course, cannot be done in a school without the consent of the principal. In any case where an objection is made, it will be necessary to delay

**DETROIT PUBLIC SCHOOLS**

League # 6 Junior ____ Senior ✓

1. Hely School 4 Score vs. Stephens School 2 Score

DETROIT, MICHIGAN

1. Dorothy White Instructor 2. Agnes Smith Instructor

Date Played Oct 6 Where played Hely

SPORTSMANSHIP

| | | |
|---|---|---|
| Team | 1. Good | 2. Good |
| Instructors | 1. Good | 2. Poor |
| Spectators | 1. Fair | 2. Poor |

(File No. 1282b) Paul Lee Official

Form 93—4-23—25M—B—AJU

OFFICIAL'S REPORT ON SAME GAME

the game for a reasonable length of time until the team appears. The 4:10 p. m. provision in the above rule is made to take care of such conditions.

### Officials

Officials are furnished for all girls' and boys' competitive games. Officials for boys' games are members of the Officials' School conducted by the Department of Health Education and receive high school credit if competent. Instructors are asked to coöperate with the officials in every way and to make a post card report on each official after the game. In girls' games the official is a special

teacher of health education. All officials are responsible for the successful management of the contest. This responsibility includes:

a. The promotion of good sportsmanship.
b. The appointment of any necessary assistant officials.
c. The arrangements for marking grounds.

### Protests

All protests should be carefully written out and mailed within three days from the time of playing the game. An exception to this is made in cases where an ineligible player has been used and information concerning it has not been discovered until a greater length of time has elapsed. Protests concerning boys' games should be addressed to the Division of Boys' Athletics; those concerning girls' athletics should be addressed to the Division of Girls' Athletics.

All protests, in order to receive consideration, must contain every detail upon which the protest is based, the name of the official, if possible, and any other information which may seem to have a bearing on the results of the game. Protests properly entered will receive prompt consideration and reply.

### Postponement of Games

Games must not be postponed except for weather conditions. All postponed games not played off within two weeks of schedule, and all games not played by Friday evening of the last week of the schedule will be canceled, neither team being given credit for the game.

All games which have been postponed without consent for such postponement having been given by the office of the Health Education Department will be canceled automatically, and the result, even if played later, will not be considered in awarding league championships. Games postponed on account of inclement weather are not affected by this provision.

### Physician's Certificate

Cards are now available upon which the parent or physician must be required to give permission before a child is allowed to compete in games. These cards should be used in all cases.

### Teams

In tournaments where two teams are allowed to represent seventh and eighth grade schools, they shall be designated as Junior team and Senior team. The team representing a sixth grade school shall also be called a Junior team.

Senior teams shall be composed of any members of the school who comply with the eligibility rules.

Junior teams shall be made up of pupils who have not passed from the A-6th grade and who comply with other eligibility rules.

## INTRAMURAL GAMES

Intramural games will be a definite part of the health education program in the sixth, seventh, and eighth grades. In the fall, boys will compete in soccer, while the girls will use field ball as an intramural game.

In the spring, playground ball will be used for the boys' tournament, and the girls will use hit-pin base ball and playground ball.

All pupils in these grades will be expected to take part in the intramural tournaments unless excused because of a physical handicap, and only pupils so excused will be omitted in tabulating the school score.

Score sheets will be furnished by the Department of Health Education.

### Directions for Tabulating Scores *

The individual scores for each boy and girl are kept on a large scoreboard usually posted in the gymnasium. From this detailed account the final tabulation is made.

1. Enter number who competed in the different groups in the proper column. (See score sheet.)
2. Find the sum of the number competing in all groups.
3. Find the percent the numbers in *each* group are of the *total.*
4. Find the sum of the percent column. It should be one hundred percent, but sometimes the amount dropped or added to avoid fractions makes the sum too large or too small. In such cases add or subtract one from the largest percent to make the necessary one hundred percent.

* This method is taken from Courtis "Instructions for Giving, Scoring, and Tabulating All General Tests." Board of Education, Detroit.

5. Multiply the percent in each group by the allowance for that group. (Ten for Group I, nine for Group II, etc.)
6. Find the sum of the products. This is the school score.

### Sample Scoring Sheet

Detroit Public Schools
Department of Health Education
Division of Athletics

Bulletin No. 1 January 6, 1924.

SCORING SHEET FOR INTRAMURAL TOURNAMENT

School.....
Examiner.....
Date.....
Special conditions affecting the result.....
.....
School Score.....
School Tournament Won By.....Team
From the.....Grade

| | | | 43 | Points |
|---|---|---|---|---|
| Scores of | Boys or Girls Playing Throughout | No. | % | |
| Group I | 12-15 Official Games | 72 | x | 430 |
| | | | 10 | |
| Scores of | Boys or Girls Playing Throughout | | 48 | |
| Group II | 9-12 Official Games | 79 | x | 432 |
| | | | 9 | |
| Scores of | Boys or Girls Playing Throughout | | 7 | |
| Group III | 6-9 Official Games | 12 | x | 49 |
| | | | 7 | |
| Scores | Boys or Girls Playing Throughout | | 2 | |
| Group IV | 3-6 Official Games | 4 | x | 8 |
| | | | 4 | |
| Scores | Boys or Girls Playing Throughout | | 0 | |
| Group V | 0-3 Official Games | 0 | x | 0 |
| | | | 0 | |
| | Total | 167 | 100 | 919 |

*Note*—For detailed directions in regard to the system to be used in tabulating scores, consult the pamphlet entitled "Instructions for Giving, Scoring, and Tabulating all General Tests, 1925-1926" issued by the Department of Educational Research. This pamphlet is to be found in every school.

Return this Sheet to the Office of the Health Education Department.

### Number Participating in Intramural Athletics

To give a general idea of the number of boys and girls taking active part in this branch of athletics the following figures are given:

INTRAMURAL FIELD BALL (FALL 1925)

| | |
|---|---|
| Total number of girls taking part | 11,959 |
| Approximate number of games played | 5,712 |

INTRAMURAL SOCCER (FALL 1925)

| | |
|---|---|
| Total number of boys taking part | 13,297 |
| Total number of games played | 7,382 |
| Average number of games played | 12 |

## DECATHLON AND PENTATHLON

The objectives to be attained in the taking and recording individual records in the different decathlon and pentathlon events are briefly as follows:

1. To obtain a measure of physical efficiency of boys and girls to-day.
2. To obtain a measure of progress in physical efficiency.
3. To establish standards of performances as a goal to be reached by all.
4. To stimulate boys and girls to take part in the fundamental activities embodied in these events.

All of these events require coaching and practice, and this should be included in the regular program of work. However, during the time when records are being taken, the whole time given over to the decathlon and pentathlon events should be used in taking records only and not in coaching and practice. In arithmetic or any other school test, the teacher is not supposed to assist the pupils while the test is being given. If two days of the week are given over to record taking, then the greatest number of records possible should be taken in the time allotted. One trial in each event is all that is necessary, and in the case of the jumps and the weight events not more than three trials must be allowed. The record should be placed on the squad card, and no record should be changed, even if it were possible to make a better record at a later time. Sup-

posing the record for the standing broad jump is to be taken on a certain day, the teacher should see that squad cards, jumping pits, tapes, etc., are ready so that no time is lost after the boys or girls are on the grounds. A few moments should be given for the purpose of warming up and limbering the muscles before the record taking starts. One person should take down the record on the squad card, another measuring the distance, and unless some accident occurs which would warrant giving the contestant another trial, the result is placed on the card as the record. In no case must more than three trials be given in any event even if a foul is committed on every trial. If after three trials, it is not possible to get a record, then a zero must be placed after the event.

### Time for Taking Records

Beginning Monday, October 5th, records will be taken for all boys in the sixth, seventh and eighth grades in the decathlon events and all girls in the same grades in the pentathlon events. All record taking should be completed by Friday, November 2nd. A second set of records will be taken, beginning Monday, March 22nd. Records are to be completed by April 23rd. In order to have a record showing individual improvement during the three grades, it is necessary to have on file in the school an individual pentathlon card for each girl and an individual decathlon card for each boy.

### Pentathlon and Decathlon Meets

After the records are taken, pentathlon and decathlon contests are held. Medals are awarded in these all around contests. The pentathlon contest will be held at Codd Field, Saturday, May 15th, and the decathlon contest will be held at Belle Isle, Saturday, May 8th, both contests starting at 8:30 a. m. No entries should be made for these meets unless the contestant is reasonably certain of winning at least a bronze medal. (Boys 6500 points; girls 3250 points.) A trophy will be given to the school winning the greatest number of points in each of these contests. Points to be counted on the basis of 5 for a gold medal, 4 for a silver medal, and 3 for a bronze medal. Three points will be deducted from each school score as a penalty where a contestant enters the meet and fails to score at least 6000 points in the decathlon or 3000 points in the pentathlon. Teachers should be very careful not to enter any con-

testant who is not certain of making the required number of points.

**Consult Standards**

Decathlon and pentathlon standards (medians) will be distributed early in the fall. These standards are printed on cardboard and should be so posted that the pupil may consult them.

Reports have been turned in at this office in which a girl is credited with running the fifty-yard distance in six seconds, and several cases have been given on which a boy has run the hundred yards in ten seconds. Such records are absurdly impossible. The distance is either incorrect or the watch needs a trip to the repair shop. The department is always anxious to hear of exceptional records, but a record should not be submitted unless there is a reasonable certainty that it can be verified.

Instructions will be sent to all schools before the time for giving these tests, with reference to the report which will be asked for at the close of the test. Blanks for reporting the test will be sent out from the department.

## THE BELLE ISLE MEET

The Belle Isle meet is the annual track and field meet for elementary schools. The twelfth annual meet will be held on the Belle Isle athletic field, on Friday, June 4th, 1926, starting at 9:30 a. m. The entry list for 1926 will exceed 20,000, making this meet the largest field and track meet ever held.

Entries for the meet must be in the office of the Department of Health Education not later than May 3rd. Entries not received by that date cannot be accepted. Entries are divided into three divisions, senior, junior, and juvenile. Each division is further divided in weight and age classes for both boys and girls.

Events for boys in the senior and junior divisions are as follows: 100-yard dash, high jump, broad jump, hurdles, shot put, and relay races.

Events for girls in the senior and junior divisions are: baseball target throw, dash and throw, 50-yards dash, running leap and obstacle relays.

Events for both boys and girls in the juvenile division are the 25-yard dash, standing broad jump, and a 25-yard shuttle relay.

Contestants may enter but one event.

Spiked shoes are not allowed in track and field competition.

A description of all boys' events is given in "Health by Stunts," by Pearl and Brown, with the exception of the 100-yard hurdle race, which will be run on the following plan:

Total distance, 100 yards.

Hurdles, 30 inches high.

From start to the first hurdle, 15 yards.

Distance between hurdles, 10 yards.

Number of hurdles, 7.

From last hurdle to the finish, 25 yards.

Knocking down more than two hurdles will disqualify runner.

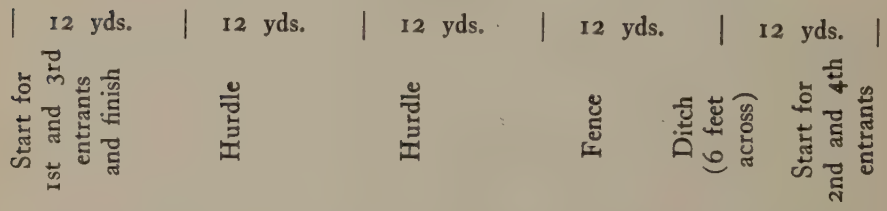
A description of girls' events is given under the heading of Pentathlon Events with the exception of the obstacle relay. A description of this event is given below.

Four-foot lanes shall be marked for the 50-yard dash, and five-foot lanes for the dash and throw. Each girl must run in her own lane. A girl may be disqualified for "interfering" with another runner. This rule applies also to the obstacle relay.

### Obstacle Relay

*Preparation.* 1. Apparatus—2 hurdles, 2 ft. 6 in. high; 1 fence, top cross bar (upper edge), 4 ft. 6 in. from ground, lower cross bar (upper edge), 2 ft. 6 in. from ground.

DIAGRAM




The ditch is 6 feet across. The measurement of the last 12 yards (from ditch to 2nd start) shall be made from the edge of the ditch near the fence. (This means that the 6-foot ditch measure will be taken out of the last 12 yards.)

*Rules.* Description of obstacle relay: The obstacle relay is a shuttle relay. The first girl runs the distance across the field,

clearing the objects in the following manner: (1) Jumping or hurdling *over* the first hurdle; (2) passing *under* the second hurdle; (3) climbing over the fence; and (4) jumping across ditch. She then tags the hand of the second runner, who runs the race from her end of the field (clearing obstacles in just the reverse order). The third runner, when tagged, repeats the performance of the first runner. The fourth runner, when tagged, repeats the performance of the second runner. The race finishes at the point where it was started.

*Regulations.* 1. First runner must not start before signal.

2. Each runner (except first runner) must be tagged by preceding runner, and must wait on the line until tagged.

3. Runner must clear hurdles without knocking off the cross piece (each runner may make as many attempts to clear each obstacle as she may desire, and if she is finally successful, the foul will not be counted).

*Note.* There will be assistants appointed to replace the cross piece on top of each hurdle if it is knocked off.

4. The runner must climb over fence, so that both feet go over the *top bar.*

5. There will be white lines to show the beginning and end of the ditch. The jumper must clear the entire distance of 6 feet without *touching either line.* (The runner may go back and attempt to jump again if she fouls, and if she is finally successful, the foul, of course, will not be counted.)

*Fouls.* An infringement of any of these rules shall constitute a foul. Three fouls against a team will disqualify that team.

### Juvenile Shuttle Relay

*Preparation.* 2 lines 25 yards apart.

*Rules.* The relay team shall consist of six runners. A team having less than six runners will not be allowed to compete. At the signal, the first runner runs forward and touches the outstretched hand of the second runner, who is facing him at the 25-yard distance, and passes at once away from the playing space. The player thus touched dashes forward, in his turn, and touches the first player in the file facing him, from which number one came. Each player thus runs only in one direction. The team wins whose last player first dashes across the starting line opposite him.

*Regulations.* 1. First runner must not start before signal.

2. Each runner (except first runner) must be tagged by preceding runner, and must wait on the line until tagged.

*Fouls.* An infringement of these rules shall constitute a foul. One foul against a team will disqualify that team.

## SKATING

Skating will be a part of the extra-mural program of athletics. The meet for elementary boys and girls will be held on Saturday, January 30, 1926, at 10 a. m., on the Belle Isle lagoon. There will be two divisions of competition only, Junior and Senior. Classes 1, 2, 3, and 4 will compete in the senior division. Classes 5, 6, 7, and 8 will compete in the junior division.

Events for boys and girls will be as follows:

| Boys | Girls |
|---|---|
| Senior Division: | Senior Division: |
| 220-yard dash. | 220-yard dash. |
| 440-yard dash. | 880-yard relay. |
| 880-yard relay. | |
| Junior Division: | Junior Division: |
| 220-yard dash. | 220-yard dash. |
| 880-yard relay. | 880-yard relay. |

In addition to the above speed events, there will be a fancy skating contest for boys and one for girls.

As in all other competition, a contestant may compete in one event only.

## TROPHIES AND AWARDS

The Michigan Soccer Association Trophy will be awarded each year to the school winning the city championship in soccer. This is a permanent trophy, and remains the property of the school only while the championship is held by the school.

The Weyhing Brothers Basketball Trophy is awarded each year to the school winning the basketball championship. This is also a permanent trophy.

All trophies, banners, medals, and other awards given for baseball and outdoor track are given by the "Detroit Free Press."

Medals will be awarded to winners of first, second and third places in the indoor city championship track meets, Belle Isle field and track meet, and the skating meet.

## GIRLS' ATHLETICS

### Sports Calendar

Sept. 28—Intramural field ball tournament starts.
Oct. 5-Nov. 2—Pentathlon test.
Oct. 5—Interschool field ball tournament starts.
Nov. 20—Interschool and intramural field ball tournaments close.
Nov. 30-Jan. 22—Intramural game tournament.
Jan. 30—Skating meet—Belle Isle lagoon.
Feb. 8-Mar. 19—Stunt test.
Feb. 8-Mar. 26—Intramural fist ball and nine-court basket-ball tournament.
Mar. 22—Begin work on 12th annual field meet.
Mar. 22-April 23—Pentathlon test.
April 19—Intramural hit-pin baseball and playground ball tournament start.
May 3—Entry blanks for the 12th annual Belle Isle meet due in the office of the Health Education Department.
May 15—Annual pentathlon test—Codd Field.
June 4—Intramural hit-pin baseball and playground ball tournament ends.
June 4—12th annual Belle Isle meet.

### General Program

| | SCHOOL WORK | SPECIAL ACTIVITY |
|---|---|---|
| September | 1. Taking complete pentathlon records according to pentathlon card | |
| October | | |
| November | 2. Field ball | Field ball |
| December | | |
| January | Game tournament | Game tournament finals |
| February | Stunt test 5th and | Fist ball |
| March | 6th grades | Nine-court basketball |
| April | 1. Taking complete pentathlon records according to pentathlon card | Pentathlon meet<br>Hit-pin baseball<br>Playground ball |
| May | 2. Hit-pin baseball | |
| June | 3. Playground ball | 12th annual field day |

## DESCRIPTION OF PENTATHLON EVENTS

### * Baseball Target Throw

*Equipment.* A regulation 5 oz., 9 inch baseball.

*Preparation.* Make a scratch line, 3 inches wide, by marking out with lime. On this scratch line mark off a distance of one foot. Draw another line, 4 feet long, parallel to, and at a distance of 100 ft., from the scratch line. Connect the extreme ends of the 1 foot line with those of the 4 foot line, thus making a lane 1 foot wide at the scratch line and 4 feet wide at the other end. Measuring will be expedited if the lane is marked off at 10 foot intervals.

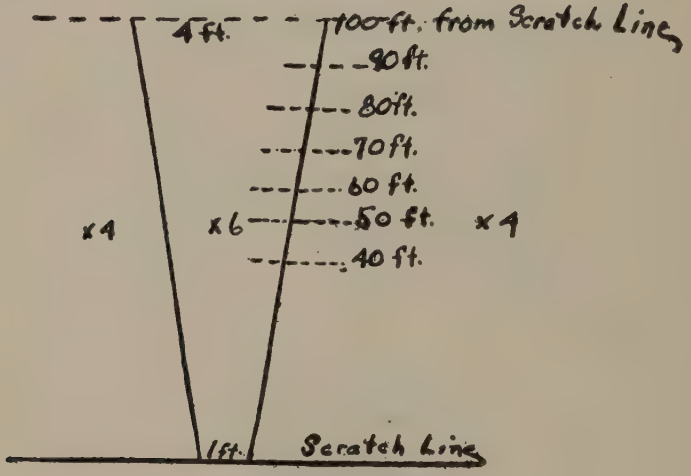



Diagram of Field

*Rules.* The throwing shall take place from behind the scratch line. If any part of either foot extends beyond the scratch line or if any part of the thrower's body touches the ground in front of the line before the throw is measured the throw shall not count but shall be considered as one trial. Each contestant shall have two trials.

* This event is the work of the following committee: Laurentine B. Collins, Jane Mayer, Philopena Franzoni, Elizabeth Hutchins, Marion Mayer, Sally Mooney, Dorothy La Salle.

*Record.* The measurement shall be made at right angles from the nearest break in the ground made by the ball to the scratch line extended. If the break is within the center lane, the record is the distance multiplied by 6; if outside the lane, multiplied by 4, *i. e.*: A 60-foot throw within the center lane, multiplied by 6 would give 360 points; a 60-foot throw outside the lane would give 240 points. Any throw under 40 ft. will not be recorded. The record should be recorded as 60×6 or 60×4.

**Dash and Throw**

*Preparation.* Construct two parallel lines thirty feet apart. Seven feet directly above one of them, stretch a rope between two suitable standards.

*Rules.* When the whistle blows, run and throw the ball over the rope, catch it before it touches the ground and return to starting line. Make three such trips. When returning to the starting line after the first and second trips, it is not necessary to run across the line, but the line must be touched with one foot. After the third trip, when finishing, cross the line. If the ball is not caught when it is first thrown over the rope, get the ball and repeat the throw until a fair throw and catch are made. It shall be considered a fair throw and catch if the ball goes over the rope, touches nothing but the rope, and is secured and held before it touches the ground. It shall not be allowable for the runner to touch a wall, the rope, or any object during the event.

*Suggestions.* The throw over the rope should be made so that the runner does not have to go far beyond to catch it. High throws should be avoided. Practice should be given in throwing the ball from both directions to determine which direction is best suited to the contestant.

*Record.* Use both a starter and a timer. The record should be taken with a stop watch if possible. Otherwise it will probably not be correct. The starter should stand behind the starting line and the timer should stand at one end of the finish line and look directly along it as the runner finishes.

**Fifty-Yards Dash**

*Preparation.* Carefully lay off a start and a finish line, parallel, and fifty yards apart.

*Rules.* As in all timed events, no attempt should be made to "beat the gun" or start before the signal is given.

*Suggestions.* The crouching start should be practiced. This form is not necessary, but if practiced diligently, is a faster start than standing. Contestants should learn to run on their toes with feet pointing straight ahead, arms moving straight forward and backward with elbows bent and held fairly close to the sides. Contestants should cross the finish line at top speed and should always run at least 10 yards beyond the actual finish line.

*Record.* See "Record" under Dash and Throw.

### Running Leap

*Equipment.* Measuring tape—preferably steel. Take-off board. Landing pit.

*Preparation.* Use a take-off board if possible—if it is not possible use a line for a take-off mark. Make a well spaded landing pit of soft dirt or sand nine feet away from the take-off and about six feet long.

*Rules.* The leap is measured for distance only; form and height are not considered.

A run of unlimited length is allowed in approaching the take-off. The contestant shall spring or leap from one foot to the other foot. It does not constitute a leap if the contestant lands on both feet and no such performance shall be recorded. Each contestant has 2 trials. If any part of the foot from which the contestant springs extends beyond the edge of the take-off board it shall count as a trial.

*Record.* The measurement shall be made at right angles from the nearest break in the ground made by any part of the body to the edge of the take-off board or a prolongation of a line along the edge of the board.

### Obstacle Race

This event is the same as the Obstacle Relay used in the Belle Isle Field Meet except that it is an individual race. For description, see p. 122.

## Pentathlon Point System

| Points | Baseball Target Throw | Dash and Throw | 50 Yard Dash | Obstacle Race | Running Leap | Points |
|---|---|---|---|---|---|---|
| 1000 | 167×6 | 16 | 6 | 11-3 | 16-6 | 1000 |
| 990 | 165×6 | 16-2 | | | 16 | 990 |
| 980 | 163×6 | 16-4 | | | 15-6 | 980 |
| 970 | 162×6 | 17 | 6-1 | 11-4 | 15 | 970 |
| 960 | 160×6 | 17-2 | | | 14-6 | 960 |
| 950 | 158×6 | 17-4 | | | 14 | 950 |
| 940 | 157×6 | 18 | 6-2 | 12 | 13-6 | 940 |
| 930 | 155×6 | 18-1 | | | 13 | 930 |
| 920 | 153×6 | 18-2 | 6-3 | 12-1 | 12-6 | 920 |
| 910 | 152×6 | 18-3 | 6-4 | 12-2 | 12 | 910 |
| 860 | 143×6 | 18-4 | 7 | 12-3 | 11-6 | 860 |
| 800 | 133×6 | 19 | 7-1 | 12-4 | 11 | 800 |
| 730 | 122×6 | 19-1 | 7-2 | 13 | 10-6 | 730 |
| 650 | 108×6 | 19-3 | 7-3 | 13-1 | 10 | 650 |
| 560 | 93×6 | 20 | 7-4 | 13-2 | 9-6 | 560 |
| 460 | 77×6 | 20-1 | 8 | 13-3 | 9 | 460 |
| 370 | 62×6 | 20-2 | 8-1 | 13-4 | 8-8 | 370 |
| 290 | 48×6 | 20-3 | 8-2 | 14 | 8-4 | 290 |
| 220 | | 20-4 | 8-3 | 14-1 | 8 | 220 |
| 160 | | 21 | 8-4 | 14-2 | 7-8 | 160 |
| 110 | | 21-1 | 9 | 14-3 | 7-4 | 110 |
| 70 | | 21-2 | 9-1 | 14-4 | 7 | 70 |
| 40 | | 21-3 | 9-2 | 15 | 6-8 | 40 |
| 20 | | 21-4 | 9-3 | 15-1 | 6-4 | 20 |
| 10 | | 22 | 9-4 | 15-2 | 6 | 10 |

Name _____ White / Colored _____

LAST FIRST

| Date of transfer | SCHOOLS | Date of record | Country of birth of father | Age | Grade | Height | Weight | Target throw | Dash and throw | Fifty Yards dash | Obstacle race | Running Leap | Total points |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |

ADDRESS

INSTRUCTIONS

1. Transfer card with pupil
2. Make entries in ink
3. Record age in years and months from Form No. 36
4. Enter Grade thus: A6, B7
5. Enter height in inches
6. Enter weight in pounds
7. Enter distance events in inches

This card is a permanent record of the girl's ability in the Pentathlon events. It is filed in the school and transferred with the

## FIELD BALL

### The Game

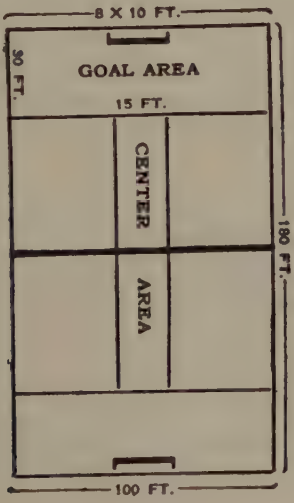
The game of Field Ball is played by two teams of eleven players each. The ball is passed from one player to another, the purpose of each team being to get the ball through the opponents' goal, and, at the same time, to prevent the other team from securing possession of the ball or scoring. A goal made from the field or from a free throw counts one point.

### Rule I

*Section 1. Equipment.* Dimensions of Field of Play. The Field of Play shall be as shown in the accompanying plan. The maximum dimensions shall be 180 feet in length by 100 feet in width. (On school grounds where space is limited use largest available space.) The boundary lines on the short sides of the field shall be termed the end lines; those on the long sides, the side lines.

*Sec. 2. Center.* The center of the field horizonally shall be plainly marked.

*Sec. 3. Goals.* The goals shall be upright posts, fixed on the end lines, equidistant from the corner where the end line meets the side line, 10 feet apart, with a bar across them 8 feet above the ground.



*Sec. 4. Goal Areas.* The goal areas shall be constructed by marking horizontal lines 30 feet distant from each end boundary line.

*Sec. 5. Center Area.* The center area shall be a space 15 feet wide running lengthwise through the center of the field from goal area.

*Sec. 6. The Ball.* The ball shall be round; it shall be made of a rubber bladder covered with a leather case. It shall not be less than 27 inches, nor more than 28 inches in circumference.

### Rule II

*Sec. 1. The Team.* Number of Players. For official match games a team shall consist of eleven players. For practice games any number of players equally divided may play.

*Sec. 2. Positions of Players.* In a match game there shall be a Center Forward, a Right Inside and Left Inside, a Right Outside and Left Outside, a Center Halfback, a Right Halfback and Left Halfback, a Right Fullback and Left Fullback and a Goal Keeper. The Goal Keeper shall be restricted to his own place within the goal area.

*Sec. 3. Captain.* The captain shall be the representative of the team and shall direct and control its play. The captain shall, before the game starts, furnish scorer with names and positions of players and substitutes. The captain only may address any official on matters of interpretation or to obtain essential information when necessary, if it is done in a courteous manner.

If, for any reason the captain does not play, the captain shall appoint a substitute to act during the time the regular captain is not playing.

*Sec. 4. Substitutes.* A substitute before going upon the court shall report to the scorer, giving name and position. A substitute shall not enter the field until play has been suspended and shall not participate in the game until officially recognized by the referee. A player who has left the game for reason other than disqualification, may reënter it once only.

*Sec. 5. Leaving Field.* A player may not leave the playing field without permission of the referee or the umpire until time is called at the end of the half.

**Rule III**

*Section 1. Playing Regulations.* Time of Game: An official match game shall consist of 4 quarters of 5 minutes each with a 2 minute rest period. There shall be an intermission of ten minutes between the second and third quarters.

*Sec. 2. Choice of Goal.* The captain of the side winning the toss shall have the option of throwing off or choice of goals.

*Sec. 3.* The team which throws off shall line up at, or behind, the halfway line and one of their number shall throw the ball from the center of the field, into the opponents' half of the field. No player on either side shall cross the halfway line until the ball has crossed the line.

*Sec. 4. Putting a Ball in play.*

(a) After a goal. The ball is put in play at the center as in "start of game" after any goal is made. The side which did not make a goal shall throw off.

(b) After a penalty throw. The ball is put in play at the center as in "start of game" after a penalty throw is successfully made.

(c) At Beginning of Quarter. The ball is put in play at beginning of the second and fourth quarters, at the place it was last in play when time was called. It is returned to the player in whose possession it was when time was called.

(d) At Beginning of Second Half. The ball is put in play at the center as in "Start of Game" at the beginning of the second half. The ball shall be thrown off by the opposite side from that which originally did so.

*Sec. 5. Possession of Ball.*

(a) When catching a ball, two hands are necessary to secure it; but if caught, it may be legally retained in one hand or thrown with one hand.

(b) When a ball has been caught it must be thrown within three seconds. If the player has fallen down, the three seconds are counted from the time when all the body weight is again on the feet.

(c) The ball may be thrown, batted, bounced or juggled in any direction. The ball may be bounced once only, with one or both hands. The ball may be juggled once only. A bounce shall not be used combined with a juggle.

(d) No player may hand or roll the ball to another player. The ball must be thrown or bounced to another player or thrown for the goal. The player, when throwing the ball, must be standing on one or both feet or jumping in the air.

**Rule IV**

*Section 1. Scoring.* A team scores one point when it causes the ball to go between the goal uprights and under the crossbar by a throw from any spot on the field of play.

*Sec. 2.* A goal shall not be scored directly from a throw-in or from a throw from the center of field at "Start of Game," or from a free throw outside of the goal area. The thrower shall not play again until the ball has been played by another player.

*Sec. 3.* The score of a forfeited game or a game won by default shall be 2-0.

*Sec. 4.* A game shall be decided by the scoring of the most points in the playing time.

*Sec. 5.* If at the expiration of playing time the score is a tie, two 5-minute periods of overtime will be played. If the score is not decided in this period of overtime the score shall stand.

**Rule V**

*Section 1. Out of Bounds.* If at any time during the game the ball goes out of bounds it shall be so declared by the Referee and put in play again by an opponent of the player who caused it to go out of bounds, said opponent to stand out of bounds at right angles to the spot where the ball left the court. The ball shall then be thrown or bounced to another player within the court. Unnecessary delay in recovering ball from out of bounds is considered delaying the game.

*Sec. 2. Defender's Ball Out.* If the defenders are entitled to the ball beyond the end or goal line, the goal keeper shall take the ball and may throw it into the field from any part of the goal area, with or without a run.

*Sec. 3. Attacker's Ball Out.* When attackers are entitled to the ball beyond the goal line, one of them shall throw it in while standing at the corner junction of end and side lines. The defenders must remain 15 feet away until the ball leaves the throwers' hands during a corner throw-in.

**Rule VI**

*Section 1. Free Throw.* When a foul has been called, the referee shall immediately secure possession of the ball and place it upon the free throw line of the team making the foul. The throw shall be made within ten seconds after the ball has been placed upon the line.

The goal shall be guarded only by goal keeper and fullbacks, and every other player with the exception of the one making the throw shall stand outside of the goal area. The free throw line is the line parallel to end line and 30 feet from it.

*Sec. 2.* If the goal is made, the ball shall be put in play at the center.

*Sec. 3.* If the goal is missed, the ball continues in play. *Note:* Goal keeper's ball. Rule V, Sec. 2.

**Rule VII**

*Section 1. Fouls and Penalties.* It is a foul to step with both feet while holding ball; that is, one foot must remain in place when throwing except while the feet are in air during jump.

*Sec. 2.* It is a foul to hand the ball to another, kick it, or touch it when held by another.

*Sec. 3.* It is a foul to overguard the ball or holder, to push, strike, or interfere with the progress of a player or otherwise use rough tactics in the judgment of an official.

*Sec. 4.* It is a foul to juggle or bounce the ball twice in succession, or to combine a bounce with a juggle in the same play, to hold it longer than 3 seconds, or to throw it while lying down.

*Sec. 5.* It is a foul for the center, or the center halfback, to step any part of either foot beyond the side-boundary line out of the center area, or for any other member of the team to step with either foot within the center area.

*Penalty.* For Sections 1, 2, 3, 4 and 5, when these fouls occur outside the Goal Area. The ball shall be given to the nearest opponent on the spot. This unguarded throw shall be taken where the foul was committed in any direction by any player with the nearest opponent 5 yards away.

*Sec. 6.* At the start of the game if a player of the side having the send-off at the center crosses the halfway line ahead of the ball, he is "off side" and the ball shall be called for a second throw from a new line five yards back of the halfway line. The same penalty

is incurred if the ball is thrown less than 15 feet into the opponents' half of the field. When either of the foregoing fouls is committed a second time the ball shall be given to the opponents for a throw-off at center.

*Penalty.* When fouls are committed Inside Goal Area, a free throw (goal guarded only by Goal Keepers and Fullbacks) shall be awarded the attackers when the opponents commit a foul within the goal area. One of the attackers shall throw the ball from any boundary line of the goal area, except the end line. If a goal is not made the ball is in play; if a goal is made see "Ball Put in Play at Center." This shall include the foul made by a Goal Keeper who steps out of the goal area while the ball is in play. When the attackers commit a foul inside the goal area, the ball shall be given to the Goal Keeper for a free throw from anywhere within the goal area with every one five yards away. If two personal fouls occur simultaneously in the goal area, the referee shall call "time out" and shall award a free throw to each side, taken on the free throw line. See Rule VII.

*Sec. 7.* It is a foul to intentionally push, hold, strike, or interfere with the progress of a player or otherwise use rough tactics in the judgment of an official.

*Penalty.* A free throw shall be awarded to the side fouled. Upon the third intentional offense, the player shall be eliminated from the game.

### Officials

*Section 1.* The officials are Referee, Umpire, Timer, Scorer, and four Linesmen.

*Sec. 2.* The Referee shall have charge of the game and ball and shall call all fouls. He shall award penalties and announce the points as made and the final score.

*Sec. 3.* The Umpire shall have special charge of the players other than the two nearest the ball, and shall call all fouls.

*Sec. 4.* No official shall dispute the judgment of another, but shall advise and assist the other officials upon request.

*Sec. 5.* The Timer shall use a stop-watch and may have an assistant.

*Sec. 6.* The Scorer shall obtain the names and positions of

players from the captains, and shall keep accurate written record of the score. He may have an assistant.

*Sec. 7.* The Linesmen shall assist the Referee in "out of bounds" decisions, and upon his request may assist in watching the location of players at goal area.

### Notes on Coaching

In order to make field ball a successful game and in order to develop the highest standards of sportsmanship and fairness, it is urged that all those concerned in conducting games or coaching teams devote the greater part of their time to the spirit as well as the letter of the rules.

Field Ball is essentially an open game. The entire field should be utilized.

The Forward Line, consists of a center forward, a right inside and left inside, a right outside and a left outside.

These players should be fast, should be able to throw swiftly and accurately, and above all things should be coached to maintain their positions. Long, undirected passes should be discouraged. The function of the forward line is attack. On no occasion should they fall back into goal to assume defense. That is the province of the fullbacks and goal keeper.

The halfbacks are center halfback, right halfback and left halfback. These players should be fast, long-winded, and able to maintain their correct distance with their forward. The halfbacks play partly defense and partly offense. They, too, should keep to their own positions. Upon occasion they may come back into goal for defense but for the most part they should feed the ball to the forward line which is always ahead.

The fullbacks are right fullback and left fullback. They should be strong, sure and able to throw far and accurately. Their function is entirely defense and on no occasion should they advance farther than the center horizontal line.

The goal keeper should be able to get the ball quickly and to throw it a great distance. (She may run to the 30-foot line to throw the ball.)

It is urged particularly that the players be coached to play their own positions. Care should be taken to keep the outsides and

insides from crowding over to the center. Players should make their passes fast, short and accurate and keep the game open.

## THE GAME TOURNAMENT

*Tournament.* 1. The events and scoring of points in the Game Tournament shall be as follows:

1. Regulations:
   - (a) Zigzag Ball ..... 8 points
   - (b) Post Ball ..... 10 points
   - (c) Combination Pass Ball..... 12 points
   - (d) Stunt Speed Series ..... 15 points

2. Officials:
   - (a) There shall be four officials, not including the teacher, in charge. In each event the officials shall be assigned as follows: one referee, two judges of fouls, and one timer.
   - (b) The referee shall act as starter and judge at the finish. She shall decide which team is the winner.
   - (c) There shall be one judge of fouls for each team. These judges shall consult the teacher in charge as to all possible fouls before the event is played off.
   - (d) The timer shall be responsible for recording the time for the event.

3. In any one event three fouls disqualify a team in that event, regardless of the fact that it may have made faster time than its opponent. However, in cases each team shall make three fouls or more, the event shall be played over.

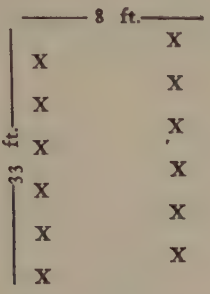
4. In case of unforeseen accident in any game during the contest, it shall be the duty of the special teacher in charge to decide as to whether or not the event shall be played over.

### Zigzag Ball

1. *Equipment.* One regulation basket ball.

2. *Marking of floors.* Each X mark on the floor shall be six

feet from the one in line beside it. It shall be eight feet between the two lines. See diagram:




3. *Teams.* Each team shall consist of 12 members. Two lines of six players each, shall face each other.

4. *Object of Game.* The object of the game shall be to make the required zigzag passes in faster time than the opposing team.

5. *Passing the Ball.* The first player, standing on the starting line, shall throw the ball diagonally across to the next player. The ball then travels down the line in a zigzag direction until it reaches the last player standing on a line 33 feet away from the starting line. When the ball reaches the end of the line, the last player shall immediately return it to the one from whom it was received, and it shall go back down the line to the starter. The entire performance shall be repeated twice, making three trips down the line and back. If a player fails to catch the ball, it is allowable for another player to assist her in recovering it.

6. *Start.* The ball shall not be started before the signal is given.

*Penalty.* The starter shall start the event again, and the foul shall be counted against the offending team.

7. *Position of Players.* Each player shall stand on a white mark (X) when throwing the ball in turn.

*Penalty.* Any infringement of the above rule shall count as one foul.

*Note.* It does not constitute a foul to step off the mark in any direction in order to catch the ball, but care should be taken to step back on the mark before throwing.

8. *Finish.* The team first finishing the third trip shall be the winner, regardless of whether or not the ball has been returned for

a fourth trip. The judge of the finish shall be responsible for the counting of trips. It is advisable for her to appoint two assistants.

*Suggestions.* Use a straight throw with both hands. Keep the ball at chest height. Work for accuracy as well as speed.

## Post Ball

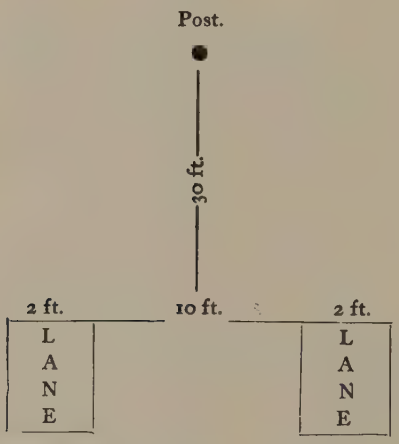
### Rules

1. *Equipment.* One regulation basket ball. One post or jumping board.

2. *Marking of floors.* See diagram. The distance between the inside lines of the lane shall be ten feet. The lanes in which the players stand are ten feet long and two feet wide.

3. *Team.* Each team shall consist of ten members, standing inside one lane in single line formation, facing the post.

4. *Object of Game.* The object of the game shall be to complete the relay around the post and get all the members of one team in the opposite lane in faster time than the opposing team.




5. *Relay Around Post.* The first player on each team shall run around the post and back to the end of the opposing team. She shall then throw the ball diagonally across to the next player on her own team, who has moved up to the starting line. The second player shall then repeat the performance of the first, as shall each player in turn.

6. *Start.* The ball shall not be started before the signal is given.

*Penalty.* The starter shall start the event again and one foul shall be counted against the offending team.

7. *Positions in Lanes.* All players except runner shall stand with both feet within the lanes.

*Penalty.* Any infringement of the above rules shall count one foul.

8. *Becoming a Runner.* The first player shall not become a runner until a starting signal is given. Any other player on the team shall not be considered a runner until the ball has left the hands of the team mate who is throwing it to her.

9. *Making Fair Catch.* It is permissible for a runner to step out of the lane in any direction in order to catch a poor throw and if the ball is fairly caught it is not necessary to get inside the lane again.

10. *Failing to Catch Ball.* If the ball is not caught and touches the floor beyond the starting line, the player missing the ball must get it and return it to the starting line before running around the post.

*Penalty.* Foul.

11. *Interfering.* No player shall run against or interfere with an opponent.

*Penalty.* Foul.

12. *Touching Post.* No runner shall touch the post.

*Penalty.* Foul.

13. *Reaching End of Lane.* The runner must be at the end of the lane, *i.e.,* on or behind the back line of the lane before she throws the ball.

*Penalty.* Foul.

14. *Line Foul.* The runner must not, when she throws the ball, step over a line which shall be a continuation of the inside of the lane.

*Penalty.* Foul.

15. *Finish.* The last runner must be at the end of the lane, not necessarily inside of it, and facing the post, otherwise she has not finished the race.

*Suggestions.* Do not crowd the player who is about to catch the

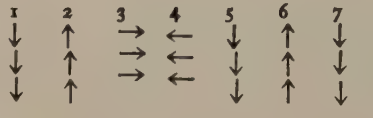
ball. Hold the ball under one arm when running. Throw carefully.

### Combination Pass Ball

#### Rules

1. *Equipment.* One regulation basket ball.

2. *Marking the floor.* There shall be a starting line mark. Ten feet in front of the starting line there shall be a foul line mark. Forty-five feet in front of the starting line the finish line shall be marked.




The arrows in the diagram indicate the way in which the position of the players change.

3. *Team.* Each team shall consist of 12 members. In position for playing they shall stand in a single line formation. The leader shall stand on the starting line.

4. *Object of Game.* The object of the game shall be the completing of all the required passes and turns in faster time than the opposing team.

5. *Start.* No player shall step over the starting line toward the foul line until the starting signal has been given. The ball shall not be started before the signal is given.

*Penalty.* The starter shall start the event again and one foul shall be counted against the offending team.

*Note.* The starter shall see that the ball is held below shoulder height until the starting signal is given.

6. *Passing of Ball and Turns.* The sequence of passes and turns shall be as follows:

(a) Passing ball from leader over head to last player at end of line.

(b) Making one-half turn (180 degrees) to face back of gymnasium.

(c) Passing ball from end player over head to leader.

(d) Making one-quarter turn to face either side of gymnasium.

(e) Passing ball from leader down the side line to end player.
(f) Making one-half turn to face opposite side of gymnasium. The end player must turn out; that is, away from the rest of the team.
(g) Passing ball up the side line to leader.
(h) Making a quarter turn to face front of gymnasium.
(i) Passing ball (from leader to end player) alternately over head and between knees beginning with an overhead pass.
(j) Making a half-turn to face back of gymnasium and crouching on both knees as in leap frog (executed by all except the end player).
(k) Bringing the ball to front of line, by end player, who straddles the line, going over all players on floor.
(l) Standing up, making one-half turn to face front of gymnasium (executed by all players except player who straddled line), and standing with feet wide apart in stride position (executed by all).
(m) Rolling the ball down through the lane made by players, stride position—from player at front of line to last of players at back of line.
(n) Carrying the ball across finish line by player at back of line, who runs with it past her team and across the finish line.

7. *Touching Ball.* Each player must touch ball in every pass.
*Penalty.* Any infringement of the above rule shall be counted as a foul.

8. *Over Foul Line.* No player shall step over the foul line toward the finish line at any time, except the player who straddles the line with the ball. See "k" under Rule 6.
*Penalty.* Foul.

9. *Playing the Ball.* No player shall play the ball from any position except the right one—as definitely outlined in Rule 6.
*Penalty.* Foul.
*Note.* It shall constitute a foul if any girl shall play the ball from the wrong position, but it shall not constitute a foul if any girl makes a wrong turn, providing she is in the right position when she plays the ball.

*Suggestions.* Keep the line straight. Stand close to the next player. Get into position for next pass as soon as the ball leaves your hands.

### Stunt Speed Series

#### Rules

1. *Equipment.* One stick, one mat, cardboard 12 inches long folded down center. Twelve tongue depressors.

2. *Marking floor and Arranging Apparatus.*

| Start | Stick | Leap | Crane Dive | Mat |
|---|---|---|---|---|
| \|5 yds. | \|5 yds. | \|6 ft.\| | 10 yds. | 5 yds. |

a. There shall be an area for the stick parallel to the starting line on the long side. Area shall be an oblong area five feet by one foot.

b. Space for leap shall be six feet.

c. Area for cardboard for Crane Dive shall be two feet square. In this area shall be placed a cardboard twelve inches long and six inches wide folded lengthwise in the middle so that it stands upright.

3. *Team.* Each team shall consist of 12 members standing in simple line formation.

4. *Object of Game.* The object of the game is for one team to complete the relay of stunts according to the required sequence in faster time than the opposing team.

5. *Start.* The race shall not be started before the signal is given.

*Penalty.* The starter shall start the event again, and one foul shall be counted against the offending team.

6. *Order of Sequence.* The first player shall run ahead five yards, go through the stick and replace the stick in its area. She shall then run ahead and leap over the six-foot area. She shall then run to the cardboard and do the crane dive stunt. She shall replace the cardboard upright in the proper area and shall turn a somersault and run back to tag the hand of the next runner at the starting line. Each of the next eleven players shall repeat the performances of the first except that the last runner finishes by crossing the line.

7. *Description of Stunts.* For a description of the method to be used in doing the stunts, see "Girl Stunt Test," p. 147. In doing the crane dive stunt, the performer shall pick up a tongue depressor laid horizontally across the cardboard instead of picking up the cardboard itself.

8. *Failure to Do Stunt.* If in doing any stunt a mistake is made when the stunt is partially completed, it shall be necessary to begin at the beginning of that stunt and repeat the stunt until it is completed successfully.

*Penalty.* Any infringement of the above rule shall be counted as a foul.

9. *Replacing of Stick.* The stick shall be replaced in its area so that no part of the stick projects beyond the border line of the area.

*Penalty.* Foul.

10. *Replacing the Cardboard.* The cardboard shall be replaced anywhere within the two-foot area and the tongue depressor shall be laid horizontally across the cardboard.

*Penalty.* Foul.

11. *Completing the Leap.* The runner shall take off with one foot and shall land upon the opposite foot on the other side of the six-foot area. She shall not touch either foot within this area.

*Penalty.* Foul.

12. *Interference.* No player shall run against or interfere with an opponent.

*Penalty.* Foul.

13. *Time for Replacing Apparatus.* It shall be allowable for a player to replace the apparatus at any time after she has left the starting line and before she tags the next runner or crosses the finish line.

## GIRLS' STUNT IMPROVEMENT TEST

**Rules**

1. The Stunt Test shall be taken by every girl in the fifth and sixth grades in all elementary schools.

2. A girl who does not enter the test, unless she has been excused by the teacher because of prolonged absence of at least 10

half days, or because of some serious physical handicap shall be scored 0 and shall be listed as belonging to Group V.

3. The girls shall be tested only upon the stunts listed below, and the credits obtained shall be as stated here.

4. There are to be two score sheets submitted from each school. The first score is to be a record of the ability in stunts shown by the girls *before* they have received any training or practice work. The second score is to be a record of the ability *after* training and practice.

| | | | |
|---|---|---|---|
| Dog Run | 1 | Fish Hawk Dive | 3 |
| Front Somersault | 1 | Frog Dance | 3 |
| Full Squat | 1 | Hand Traveling | 3 |
| Stiff Leg Bend | 1 | Skin the Cat | 3 |
| The Top | 1 | Through the Loop | 3 |
| Wheelbarrow | 1 | Arm Bending from Fall Hanging Position | 3 |
| Wicket Walk | 1 | Cork Screw | 4 |
| Ankel Somersault | 2 | Eskimo Roll | 4 |
| Heel Knock | 2 | Free Front Rest | 4 |
| Chair Creeper | 2 | Jump Stick | 4 |
| Jumping Jack | 2 | Single Squat | 4 |
| Knee Dip | 2 | Cart Wheel | 5 |
| Stiff (Wooden Man) | 2 | Jump Foot | 5 |
| Through Stick | 2 | Slow Somersault | 5 |
| Bear Dance | 3 | | |
| Crane Dive | 3 | | |

4. For the description of the correct method to be used in doing the stunts, consult only this book.

5. The score for each school shall be submitted only on the proper form—"Score Sheet for Stunt Test."

It is advisable to have one person in the school responsible for the collection of the various class scores, the tabulation of the school score on the provided form, and the mailing or sending of the report to the office of the Department of Health Education.

For detailed directions in regard to the system to be used in tabulating scores, consult the pamphlet entitled "Instructions for Giving, Scoring, and Tabulating All General Tests," issued by the Department of Educational Research, Detroit.

## STUNTS

It is at present the policy of the department to assign work in stunts to the months of December, January, February and March, when weather conditions are such that outdoor work is inadvisable.

We suggest that the simple stunts be used more freely during the early part of the winter and the work should lead gradually into the more difficult ones. The figures following the name of the stunt represent the number of points allowed for completing it. As the points range from one to five, it will be readily understood that the group is divided into five parts, each varying from the others in the skill required. If work is arranged so that the girls become adept at the easy (1 and 2 point) stunts during the early winter, it will be found much easier to teach them the more difficult (3, 4 and 5 point) ones later in the year. In cases where a group of girls have had in previous years considerable experience in this work, it may be found advisable to keep up their interest by allowing some work on the more difficult stunts. Under no circumstances should girls be allowed to start work on the strenuous stunts without a few days' limbering up on the simpler ones.

The test of finally accomplishing some of the difficult stunts is not the work of a class period, but frequently the work of months. The fact that a girl looks very awkward on her first attempt, should not be taken as indication that she will not be able to finally accomplish it.

A complete list of the stunts commonly used is published here. A great number of these are described in "Health by Stunts." *

### Description of Girls' Stunts

1. *Ankle Somersault.* The ankle somersault is similar to the front somersault, except that the hands grasp the ankles and the turn-over is made without the aid of the hands. The head must be thrown very far forward. The hands must be kept on the ankles while going over, but not when standing up.

2. *Arm Bending from the Fall Hanging Position.* Grasp the bar with both hands shoulder distance apart, elbows slightly bent. With a little jump swing both feet out in front of bar, landing lightly on the heels, feet close together, legs and arms straight. The body should be in straight line when in this hanging position. Pull up with the arms until the chest touches the bar, keeping the body stiff. Repeat the arm bending at least three times.

3. *Bear Dance.* Consult "Health by Stunts," page 112. (Continue the stunt rapidly at least five times.)

* See Bibliography.

4. *Cart Wheel.* Consult "Health by Stunts," page 108. Turn a single cart wheel from either side.

5. *Chair Creeper.* Sit on a chair so that its back is at your right shoulder. Grasping the top of the back, lie on your right side, and keeping your legs on the seat, crawl around the back of the chair head first, until you can pick up with your teeth some object, such as a tongue depressor, from the edge of the seat at the farther corner.

6. *Cork Screw.* Consult "Health by Stunts," page 99.

7. *Crane Dive.* Fold a piece of paper a foot long and stand it upright on the floor. Hold one foot with the opposite hand, reaching across behind the back. Bend down and pick up the paper with your teeth without losing the balance or touching the floor with any part of your body except the one supporting foot.

8. *Dog Run.* Practice running on "all fours," imitating the motion of a dog.

9. *Eskimo Roll.* Consult "Health by Stunts," page 127. (Make at least three forward rolls.)

10. *Fish Hawk Dive.* The Fish Hawk Dive is similar to the Crane Dive, except that the foot is not held, but stretched out behind. A quick dip is made, and the paper is picked up with the teeth.

11. *Free Front Rest.* Grasp the bar as in the fall hanging position. Jump from both feet until you are balanced over the bar, with the body resting on the bar below the hips. Push up from the hands until the elbows are straight and the balance is perfect. Hold the head and chest high and keep the shoulders low and the back flat.

12. *Frog Dance.* "Health by Stunts," pages 100-102. (Continue for five times.)

13. *Front Somersault.* Stand squarely on both feet; then squat down and fall forward, striking on the hands and bending the head as far forward as possible. Turn completely over, keeping the back bent forward and the knees and feet pulled close to the body. This gives the whole body something the form of a wheel and insures your going completely over and back to a standing position.

14. *Full Squat.* Clasp the left wrist with the right hand behind the body. Point the fingers straight down. Keep the head

erect and the back flat. Bend the knees until you can touch the floor with the fingers.

15. *Hand Traveling.* Jump up on the left end of a horizontal bar, which must be at least five feet long, and hang straight down with hands shoulder distance apart. Move the right hand a few inches to the right, and then move the left hand the same distance to the right. Continue traveling to the right end of the bar, and then move back to the left; keep the body straight and do not swing as you travel.

16. *Heel Knock.* "Health by Stunts," page 28. (A double knock, twice in the air, is sufficient.)

17. *Jump Foot.* "Health by Stunts," page 99. (One forward jump is sufficient.)

18. *Jumping Jack.* "Health by Stunts," page 105. (Continue for at least 10 counts.)

19. *Jump Stick.* Hold a small stick lightly by the tips of your fingers. Jump over the stick without letting go of it. Draw your knees well up as you jump.

20. *Knee Dip.* Consult "Health by Stunts," page 96.

21. *Single Squat.* Stand on one foot with the other stretched out in front. Sit down on your heel, without losing your balance or touching the floor with any part of the body except the supporting foot, and then return to the starting position.

22. *Skin the Cat.* Hang on the bar as if for chinning. Draw the body up and throw the feet over the head, between the arms and under the bar, until you come to as near a fall hanging position as possible. Pull up with the arms and come back to the starting position.

23. *Slow Somersault.* Take the free front rest position on the bar. Turn the hands so that the thumbs are over the front of the bar. Bend at the waist like a jack-knife. Pull the legs over, keeping the body close to the bar. Slowly unbend at the waist and lower the legs to the floor. Keep the feet together and the knees stiff. The movement should be continuous, but if there is good control it will be possible to move very slowly. Do not accept the stunt unless it takes at least 20 seconds for the lowering of the legs after they have reached a position perpendicular to the floor.

24. *Stiff Leg Bend.* Stand with both heels together and the

arms perpendicular. Bend body forward downward, sweeping the arms downward. and touch the floor with the finger tips. Keep the knees stiff.

25. *Stiff (Wooden Man).* One girl lies down on her back on the mat, stretching out absolutely stiff, with arms down to the sides. The second girl lifts her up, putting her hands under the back of her head. The girl who is being lifted must remain stiff until she has been lifted erect.

26. *The Top.* "Health by Stunts," page 95.

27. *Through the Stick.* "Health by Stunts," page 90.

28. *Through the Loop.* Hold a cord or string, nine inches long, in front of you with hands in over-grasp position—palms down. With the left hand carry the string over the right hand outside of the right elbow and in back of the right shoulder. Bring the left hand over the head and carry the string down behind the body, finally stepping through and bringing the string out in front as in the beginning.

29. *Wheelbarrow.* "Health by Stunts," page 118.

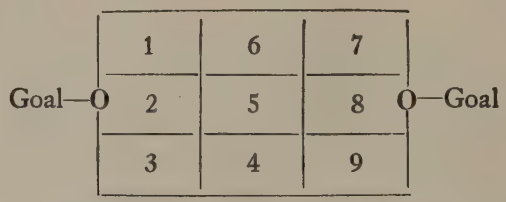
30. *Wicket Walk.* "Health by Stunts," page 93.

## NINE COURT BASKET BALL

**Rules**

1. *Equipment.* One regulation basketball, 2 basketball goals.

2. *Marking of Field.* Divide the regulation court into 9 sections as in the attached diagram. Number the sections as in the diagram. If there is no regulation court, divide the largest available space into 9 sections.




3. *Team.* Each team shall consist of nine members. One member of each team shall stand in each section. The players in the three courts nearest the basket are forwards; those in the middle courts, centers, and those in the courts farthest from their basket, guards. Each time a basket is made, the players move to

the next square or small court—one into two, two into three, etc.

4. *Object of Game.* The object of the game is to score as many goals as possible; and to prevent the opponents from scoring. A goal is scored when one of the three forwards throws the ball through the basket. Only the forwards may shoot at the basket.

5. *Start.* The game is started by the referee tossing the ball in the air between two opposing players in court five; each player facing his own basket. Each player tries to send the ball toward his own basket. The others play upon the ball immediately.

6. *Possession of Ball.* (1) When catching a ball, two hands are necessary to secure it; but if caught, it may be retained in one hand or thrown with one hand. (2) When a ball has been caught it must be thrown within three seconds. If the player has fallen down, the three seconds are counted from the time when all the body weight is again on the feet. (3) The ball may be thrown, batted, bounced, or juggled in any direction. The ball may be bounced once only, with one or both hands. The ball may be juggled once only. A bounce shall not be used combined with a juggle. (4) No player may hand or roll the ball to another player. The ball must be thrown or bounced to another player, or thrown for the goal. The player when throwing the ball must be standing on one or both feet or jumping in the air.

7. *Scoring.* A team scores one point each time that it makes a goal. After a goal is made the ball is again tossed up in the center area.

8. *Rules and Penalties.* (1) It is a foul to step with both feet while holding ball. (2) It is a foul to hand ball to another player, kick it or touch it when held by another. (3) It is a foul to overguard the ball or holder, to push, strike, or interfere with the progress of a player. (4) It is a foul to step with either foot outside any boundary line of the court in which the player is playing. Penalties for the above: the ball is given to the opponent of the player who committed the foul for an unguarded throw. (5) It is a foul for one of the forwards to step with either foot outside his area. (6) It is a foul to intentionally overguard a player or to use rough tactics in the opinion of the referee. Penalty for 5 and 6: a free throw shall be given to the opponent in the court where the foul is committed. All free throws must be made from within the thrower's court. In the case of roughness

occurring elsewhere but in the 3 courts used by the forwards; the ball shall be passed to one of the forwards for the free throw.

9. *Out of Bounds.* If at any time during the game the ball goes out of bounds it shall be so declared by the referee and put in play again by an opponent of the player who caused it to go out of bounds at right angles to the spot where the ball left the court.

10. When two players have possession of a ball, the one who touched it first should have it. If this cannot be decided instantly, the ball is thrown up between them as at the start of the game.

11. *Time.* The game shall consist of two halves of ten minutes each with a five minute rest period.

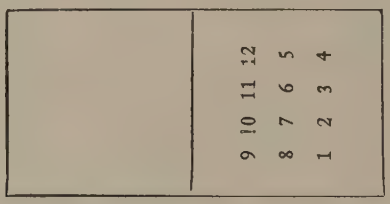
*Suggestions.* The throwing should be fast and accurate. In general, short passes make a better game than long ones.

## FIST BALL

**Rules**

1. *Equipment.* Net 2 feet wide, stretched from side to side (if net is not available use rope). Volley Ball (if volley ball is not available use light soccer ball).

2. *Marking of Field.* The field shall be 50 feet long and 25 feet wide (if space is not large enough use largest court available.




3. *Team.* Each team shall consist of 12 players. The players shall arrange themselves as in diagram. Before a new serve, each player shall move; one moving to place of two, two to three, etc.

4. *Object of Game.* The object of the game is to keep the ball in motion back and forth across a high net by striking it with the closed fist. The ball must be allowed to bounce once before being returned after the serve, but after that it may be returned in the air or after a bounce.

5. *Start.* The game is started by the server who serves the ball over the net.

6. *Rules for Serving.* (1) Server stands with one foot on rear boundary of court and the other behind it. (2) The ball is tossed up with one hand and batted with the closed fist of the other. (3) Two trials are allowed to send the ball into the opponent's court. (4) Any two players on the server's team may assist the ball over the net; neither player striking the ball more than twice in succession.

7. *A Server is Out.* (1) When an assisted ball fails to land in the opponents' court, even if it is the server's first trial. (2) When he fails to place the ball in the opponents' court after two trials. (3) When his side knocks the ball out of bounds, or under the net. (4) When his side fails to return ball to opponents. (5) When a served ball hits a player on the server's side and does not bounce into the opponents' court. (6) When served ball falls outside opponents' court. (7) If ball hits or goes under the net during service it is a dead ball and loses the server one trial. Players on a side serve in rotation. They shift to each position in turn, moving forward one place every time their side gets a turn at serving.

8. *Fouls.* (1) It is a foul to return the ball after a serve before the ball has been allowed to bounce. (2) It is a foul to send the ball under the net. (3) It is a foul to send the ball out of the court. (4) It is a foul to catch and hold the ball. (5) It is a foul to touch the net.

(a) If the player is on the serving side, his side loses the ball and the opponents serve, but do not score.

(b) If the player is on the receiving side, the serving side scores one point.

(c) If the net is touched simultaneously by players of both sides, the ball is out of play and the serving side serves again.

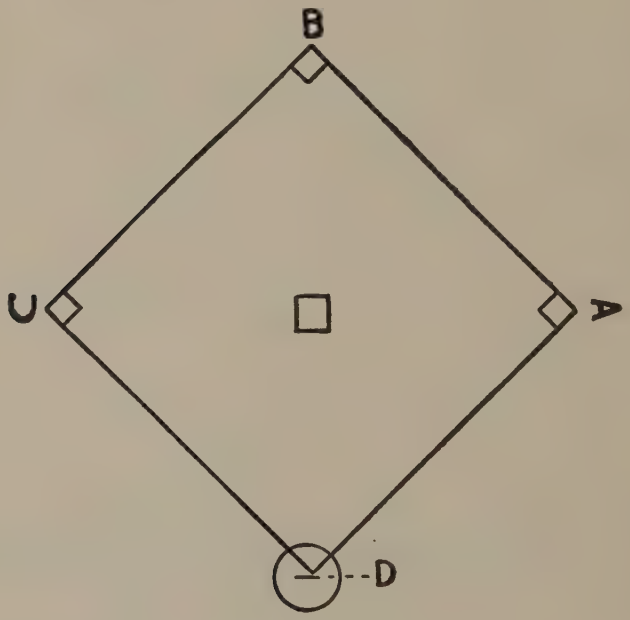
9. *Score.* A side scores only when serving. Failure to return the ball merely puts the serving side out, *i.e.*, "changes the serve." (1) A good serve unreturned scores one point for the serving side. (2) A point is scored by the serving side when the opponents fail to return a ball that is in play.

## HIT PIN BASE BALL

### Rules

*Equipment.* One regulation soccer ball, four Indian clubs. When hit pin base ball is played out doors, it is necessary to make standards or bases for the Indian clubs so that they will not be blown over by the wind.

Each school is to have its own standards made as follows: Use wood 5 *in. square* and 1½ in. thick; bore a hole (large enough to fit the base of an Indian club) halfway through the center of the board. Place the Indian club in the hole and screw it on from the bottom of the board up through the base of the Indian club. The base of the Indian club itself—and not the standard—shall be the factor which determines whether or not the Indian club is standing on the base.




### Indoors

*Diagram of Floor.* The floor is to be marked with a baseball diamond—the largest possible in your gymnasium. Enough distance should be left in back of each base so that a runner may have

an opportunity to pass behind the base. With the intersection of first and third base lines at home plate as the center, and a radius of three feet draw a circle. Construct a diameter on the home base circle perpendicular to a line from home to second base. Place an Indian club at the intersections of all the base lines—points A, B, C, D. Use the regulation pitcher's box for the bowler's box, but do not use the batter's box at all. The dimensions of first, second and third bases should be at least 1 foot square. The base lines at first and third must be extended to the walls. See diagram.

### Outdoors

*Diagram of Grounds.* For outdoor games the distance between bases shall be 45 feet. The distance from the point of intersection of first and third base lines at home plate to the front edge of the bowler's box shall be 30 feet. The bowler's box shall be 12 feet by 4 feet.

*Team.* One team shall consist of nine members placed as follows: Catcher, bowler, first baseman, second baseman, third baseman, shortstop, right fielder, center fielder, left fielder.

*Line-Up.* The teams line up as in baseball—one team in the field, the other having its innings according to an assigned order for kicking.

*Object of Game.* The object of the game is to score runs. One run is scored when a player has succeeded in kicking a fair ball and *completing* the circuit of the bases—making a home run—without being put "out."

In order to put the runner "out" when the ball has been fielded, it must be passed to first base and then to second, third and home in regular sequence. If during this passing there is an opportunity to get the ball ahead of the runner, and any member of the team can succeed in knocking down with the ball the Indian club on the base immediately preceding the runner—before the runner reaches that base—the runner shall be "out."

When three "outs" have been made by one team, the other team has its innings. At the end of the number of innings required by the tournament regulations the team having the greater number of runs shall be the winner.

*Fair and Foul Ground.* The foul lines shall be drawn in straight lines from the outer corner of the home plate, along the

outer edge of the first and third bases to the boundaries of the grounds—the gymnasium walls—so that the bases shall come within the diamond. All space inside of these lines shall be considered "fair ground" and all space outside of these lines shall be considered "foul ground."

*Fair and Foul Balls.* (a) A kicked ball which strikes inside or *on* the foul line is a fair ball, the first point of contact with the ground, wall, ceiling, object or fielder deciding the question, regardless of where the ball afterwards rolls or bounds.

(b) A kicked ball which strikes the floor, wall, ceiling, any other object or *any person* outside the foul line, shall be a foul ball and shall be counted as a strike *except on the third strike,* when the kicker may foul indefinitely.

*Block Balls.* A ball which has been bowled by the bowler or kicked by the kicker, which touches any person not engaged in the game, who is standing on fair ground, shall be called a "block ball." The umpire shall be considered "engaged in the game."

*Dead Ball.* Any ball delivered by the bowler to the kicker which hits the kicker is a dead ball and does not count as a "ball" or a "strike," nor does it entitle the kicker to become a runner.

*Strikes.* A strike is any ball delivered by the bowler to the kicker,

(a) Which the kicker kicks at and misses.

(b) Which the kicker kicks into foul territory.

(c) Which *touches the floor anywhere inside or on the boundary* line of the forward half of home base circle and at which the kicker does not kick.

*Indian Club Bowled Over.* If the bowler delivers a ball to the kicker which knocks down the Indian club at home base the kicker shall be "out."

*A Ball.* Any ball delivered by the bowler to the kicker which is not classified as a "strike," an "out," a "block ball" or a "dead ball," shall be called a "ball."

*The Kicker.* 1. The one who kicks at the ball delivered by the bowler shall be called the kicker. At the time one foot touches the ball no part of the other foot shall extend beyond the circumference of home base circle.

*Penalty.* Ball shall cease to be in play; it shall be returned to the bowler; *one strike shall be counted against the kicker.*

2. The kicker shall not be allowed to hit the ball with any part of the body above the knee.

*Penalty.* Same as Rule 1, under "The Kicker."

3. The kicker shall be allowed to have both feet off the floor at the same time, providing that one foot is kept within the plane above the circle.

*Penalty.* Same as that for Rule 1, under "The Kicker."

4. If the kicker knocks down the Indian club in the center of home base circle by coming into contact with it the "kicker" shall be "out."

5. If the kicker has three strikes called on him by the umpire he shall be "out." A foul ball counts as a strike except on the third strike.

6. If the kicker has four balls called on him by the umpire he shall be given the ball and be allowed to place it on the floor within the home base circle, kick it, and, providing it is a fair ball, the ball shall be in play and the kicker shall become a runner. If the ball kicked during this play is a foul ball, the kicker shall be called "out."

7. If any fair ball kicked by the kicker knocks down any Indian club which was not, at the time he knocked it down, standing in the center of home base circle, before said ball touches the wall, ceiling, any object or person, the kicker shall be "out."

8. The kicker shall not be permitted to "trap" the ball (catch it between the legs) or stop it dead in any way.

*Penalty.* One strike shall be called against the kicker.

*The Runner.* 1. When the kicker has succeeded in kicking a fair ball, he shall become the runner.

2. The runner shall not be allowed to stop on the bases, but must continue to run around the diamond until he has either been put out or has scored a run.

3. The runner shall not be allowed to step with any part of either foot within the diamond in front of the Indian club except at the home base circle.

*Penalty.* The runner shall be called "out."

4. The runner shall not be allowed to knock over the Indian club on any base *by coming into contact with it.*

*Penalty.* The runner shall be called "out" unless the Indian club was not, at the time he knocked it down, standing on some part of the base.

5. If the runner or any member of his team touches or is touched by a "Fair Ball" which he has kicked, before that ball touches any fielder, ceiling or obstruction, the runner shall be "out."

6. The runner shall have the right of way outside of the diamond. If the runner is interfered with by a member of the team in the field, he shall score a run.

7. The runner shall not interfere with any player *inside* the diamond.

*Penalty.* The runner shall be out.

8. The runner shall be said to have reached Home Base when any part of either foot touches "Home Base Circle."

9. The runner shall be said to have reached a base when any part of either foot has reached the ground opposite the point made by the intersection of two base lines. (See points A, B, C on the diagram.)

*The Team in the Field.* Interfering with the runner.

No member of the team in the field shall interfere, that is, stand in the way of, trip, hold, or collide with the runner.

*Penalty.* The umpire shall immediately stop all play. Allow the runner to advance to home base, explain the breach of rules to the offender, and *one run* shall be added to the score of the runner's team.

*The Bowler.* 1. The bowler shall not be allowed to step out of his box with any part of either foot when he delivers the ball to the kicker.

*Penalty.* Same as Rule 6 under "kicker."

2. The bowler, when delivering the ball to the kicker, may roll it, toss it or use the side arm throw, *but he shall not use any over arm movement.* (It is considered an over arm movement if, when the ball is actually delivered, any part of the arm is raised above the shoulder.)

*Penalty.* The ball shall immediately cease to be in play and shall count neither as a "ball" nor as a "strike."

*The Catcher.* The catcher shall not interfere in any way with the kicker.

*Penalty.* Same as Rule 6 under "Kicker."

*The Baseman.* 1. A baseman may stand at any place within or without the diamond, except when he is passing the ball to the baseman next in sequence, at which time he must have some part of either foot on the base he is covering.

*Penalty.* No "out" shall be counted against a runner if during his run any member of the opposing team acting as baseman, has not observed the above rule, unless the players have been able to repeat the play, rectify the error and legally put the runner "out."

2. The Indian club at any base must be knocked down by the player covering that base.

*Penalty.* No out shall be counted against the runner until the Indian club has been legally knocked down.

*Rules on Passing the Ball.* 1. A fielded ball must always be passed first to first base and from there to as many bases as is necessary in regular order, i.e., first, second, third, home.

2. At the time the ball is passed—not caught—the player must have one foot on the base.

3. Any player may "cover" a base, i.e., the ball must go to some player who must be touching a base when he passes the ball, but it is not necessary for the regular first baseman to pass the ball from first base, the regular second baseman from second, etc.

4. If the Indian club at any base has been knocked down by a member of the team in the field, it is not necessary to replace the Indian club before throwing the ball to the next base. It is, of course, necessary to have the Indian club standing in its place before it may be knocked down to put a runner out.

5. In passing from base to base the ball may be relayed, i.e., when the ball is being passed from one base to the next it may go via a third player.

6. It is not necessary to catch the ball *in the air* when it is being caught at any base, but it must be secured in some way before it is passed on from a base.

*Outs.* The following is a brief summary. For complete information see each rule.

*The Kicker is Out.* 1. If he has three strikes called by umpire whether or not catcher stops third strike.

2. If after four balls he kicks a foul ball.

3. If he knocks down Indian club at Home Base Circle

4. If the bowler knocks down Indian club at Home Base Circle.

5. If foul ball—above head—is caught before touching the floor.

6. If a fair ball knocks down Indian club before it touches anything except floor.

*The Runner is Out.* 1. If fair ball is caught and held before touching the floor.

2. If he or any member of his team is touched by a fair ball before the ball touches a fielder, floor, wall, etc.

3. If he knocks down Indian club at any base, including home base.

4. If Indian club immediately preceding him is knocked down, providing all the "passing" rules have been observed.

5. If he fails to complete the circuit of bases in order, or fails to touch home base circle.

6. If he runs inside the diamond in front of any Indian club.

7. If he interferes with any player *inside* the diamond.

*Interfering with Ball.* If a ball which has been thrown, kicked or handled by a fielder touches a person not engaged in the game, or any member of opposing team, except the runner, the ball shall continue to be in play, unless the person *interferes* with the ball by holding, throwing or kicking it.

If the ball is interfered with, as above—before the runner has reached home base—the ball shall cease to be in play, and the umpire shall require all players, including the runner, to take the positions in which the umpire believes them to have been at the time the interference occurred. He shall then replace the ball on the floor at the spot where the interference occurred and shall blow his whistle, after which the "runner" may advance and the ball shall be in play.

Any person *deliberately* interfering with the ball shall be *ejected* from the gymnasium.

*Kicking Order.* The kicking order of each team shall be on the score card before the game and delivered to the umpire. This kicking order *must* be followed throughout the game unless a player be substituted for another, in which case the substitute must take the place in the kicking order of the retired player.

*Substitutes.* 1. Each team may have any number of substitutes.

2. Any substitute may at any stage of the game take the place

of a player—whose name is in his team's kicking order, but the player whom he succeeds *shall not* thereafter participate in the game.

3. A "runner" shall not have another player whose name appears on the kicking order of his team run for him except by the consent of the captain of the other team.

*Scoring.* A run is scored:

1. When a runner completes the run around the diamond, to home base, without having been put "out."

2. If a runner is interfered with by any member of the opposing team. (See Rule.)

## PENTATHLON MEET

The pentathlon meet will be held at Codd Field, Saturday, May 15th, at 8:30 A.M. This meet is for those girls who attain a high degree of proficiency in the pentathlon events and no entries should be made unless the contestant is reasonably certain of winning at least a bronze medal (3250 points). A trophy will be given to the school winning the greatest number of points. Points are to be counted on the basis of 5 for a gold medal, 4 for a silver medal and 3 for a bronze medal. Three points will be deducted from each school score as a penalty when a contestant enters the meet and fails to score at least 3000 points. Teachers should be extremely careful and should not enter any contestant who is not certain of making at least the required number of points.

## CLASSIFICATION FOR BELLE ISLE MEET

### Senior Girls

Under 12 years, any weight ..... Class 4
12 years, under 95 lbs. ..... Class 4
12 years, 95-115 lbs. ..... Class 3
12 years, 115 lbs., over ..... Class 2
13 years, under 90 lbs. ..... Class 4
13 years, 90-100 lbs. ..... Class 3
13 years, 100-110 lbs. ..... Class 2
13 years, 110 lbs., over ..... Class 1
14 years, under 80 lbs. ..... Class 4

14 years, 80-95 lbs. ..... Class 3
14 years, 95-105 lbs. ..... Class 2
14 years, 105 lbs., over ..... Class 1
15 years, under 90 lbs. ..... Class 3
15 years, 90-105 lbs. ..... Class 2
15 years, 105 lbs., over ..... Class 1
16 years, under 90 lbs. ..... Class 2
16 years, 90 lbs., over ..... Class 1

## Junior Girls

Under 10 years, any weight ..... Class 8
10 years, under 75 lbs. ..... Class 8
10 years, 75-90 lbs. ..... Class 7
10 years, 90 lbs., over ..... Class 6
11 years, under 70 lbs. ..... Class 8
11 years, 70-90 lbs. ..... Class 7
11 years, 90-100 lbs. ..... Class 6
11 years, 110 lbs., over ..... Class 5
12 years, under 65 lbs. ..... Class 8
12 years, 65-85 lbs. ..... Class 7
12 years, 85-95 lbs. ..... Class 6
12 years, 95 lbs., over ..... Class 5
13 years, under 60 lbs. ..... Class 8
13 years, under 80 lbs. ..... Class 7
13 years, 80-90 lbs. ..... Class 6
13 years, 90 lbs., over ..... Class 5
14 years, under 75 lbs. ..... Class 7
14 years, 75-85 lbs. ..... Class 6
14 years, 85 lbs., over ..... Class 5
15 years, under 80 lbs. ..... Class 6
15 years, 80 lbs., over ..... Class 5

Girls juvenile classification same as boys.

## BOYS' ATHLETICS

### Sports Calendar

Sept. 28—Interschool soccer season opens.
Sept. 28—Intramural soccer season opens.
Oct. 5-Nov. 2—Decathlon test for 6th, 7th, and 8th Grades.
Oct. 30—All interschool soccer games completed.
Nov. 20—City championship soccer games completed.
Nov. 20—Intramural soccer season closes.
Nov. 30—Begin indoor track practice.
Nov. 30—Begin stunt practice.
Jan. 5-27—Stunt test, 6th, 7th, and 8th Grades.
Jan. 11-30—Indoor track meets.
Jan. 30—Skating meet—Belle Isle lagoon.
Feb. 8—Basketball season opens.
Mar. 19—City championship basketball games completed.
Mar. 22—Begin work on 12th annual field meet.
Mar. 22-April 23—Decathlon test for 6th, 7th, and 8th Grades.
April 19—Baseball season opens.
May 3—Entry blanks for the 12th annual Belle Isle meet due in the office of the Health Education Department.
May 8—12th annual decathlon test, Belle Isle athletic field.
June 3—Intramural baseball season closes.
June 4—Interschool baseball season closes.
June 4—12th annual Belle Isle meet.

### Program

| | SCHOOL WORK | SPECIAL ACTIVITY |
|---|---|---|
| September | Taking complete | Soccer |
| October | records according | Soccer |
| November | to decathlon card | Soccer |
| December | Stunts | Indoor meet |
| January | Stunts | Basketball |
| February | Stunts | Basketball |
| March | Stunts | Baseball |
| April | Taking complete | Baseball |
| May | records according | Decathlon |
| June | to decathlon card | Field meet |

## CLASSIFICATION PLAN

### Senior Classification (Boys)

Under 12 years, any weight ..... Class 4
12 years, under 95 lbs. ..... Class 4
12 years, 95-115 lbs. ..... Class 3

12 years, 115 lbs., over ..... Class 2
13 years, under 90 lbs. ..... Class 4
13 years, 90-110 lbs. ..... Class 3
13 years, 110-125 lbs. ..... Class 2
13 years, 125 lbs. over ..... Class 1
14 years, under 80 lbs. ..... Class 4
14 years, 80-100 lbs. ..... Class 3
14 years, 100-120 lbs. ..... Class 2
14 years, 120 lbs. over ..... Class 1
15 years, under 90 lbs. ..... Class 3
15 years, 90-115 lbs. ..... Class 2
15 years, 115 lbs., over ..... Class 1
16 years, under 80 lbs. ..... Class 3
16 years, 80-110 lbs. ..... Class 2
16 years, 110 lbs., over ..... Class 1
17 years, not eligible to compete.

### Junior Classification (Boys)

10 years, under 85 lbs. ..... Class 8
10 years, 85 lbs. over ..... Class 7
11 years, under 80 lbs. ..... Class 8
11 years, 80-100 lbs. ..... Class 7
11 years, 100 lbs., over ..... Class 6
12 years, under 75 lbs. ..... Class 8
12 years, 75-95 lbs. ..... Class 7
12 years, 95-115 lbs. ..... Class 6
12 years, 115 lbs., over ..... Class 5
13 years, under 70 lbs. ..... Class 8
13 years, 70-90 lbs. ..... Class 7
13 years, 90-110 lbs. ..... Class 6
13 years, 110 lbs., over ..... Class 5
14 years, under 65 lbs. ..... Class 8
14 years, 65-85 lbs. ..... Class 7
14 years, 85-105 lbs. ..... Class 6
14 years, 105 lbs., over ..... Class 5
15 years, under 100 lbs. ..... Class 6
15 years, 100 lbs., over ..... Class 5
16 years, not eligible to compete.

### Juvenile Classification (Boys and Girls)

*Class A.* Any boy or girl is eligible to compete in Class A who has not passed from the fourth grade and who has not reached his or her 12th birthday on the first day of the semester during which the competition takes place.

*Class B.* Any boy or girl is eligible to compete in Class B who has not passed from the fourth grade and who has not reached his or her 12th birthday on the first day of the semester during which the competition takes place, and who is not over 75 pounds in weight.

*Class C.* Any boy or girl is eligible to compete in Class C who has not passed from the fourth grade and who has not reached his or her 10th birthday on the first day of the semester during which the competition takes place.

## INSTRUCTIONS FOR TAKING DECATHLON RECORDS

Too many records are taken carelessly and the results are given inaccurately. Have all records taken with as great a degree of accuracy as possible. On time events, use a stop watch, if possible. Use a tape in measuring distance events. In events like the sit-up, dip, and chin, be sure that they are performed according to directions.

### DECATHLON EVENTS

#### Chin

The feet should swing clear of the floor when the arms are extended. The chin must come above the level of the bar, and the arms, when the body is lowered, must be ABSOLUTELY STRAIGHT. Kicking or jerking of the body is not allowed. The person taking the record should count aloud the number of times that the contestant chins correctly. Do not count when it is done incorrectly. This event is often inaccurately taken.

#### Sit-Up

Contestant sits on ground or floor, trunk erect, feet held down by some one sitting on them. Hands are placed back of the head or neck. A sit-up is completed when the contestant lowers the trunk so the head touches the ground or floor and returns to an erect position. No count is to be made if the shoulders or any part of the back touches the ground or floor.

#### Dip

Rest the weight of the body on the palms of the hands and the toes, body extended, *back straight and stiff* (absolutely no sag

in the back), hands resting on the floor directly beneath the shoulders, feet together. From this position, lower the whole body, without bending the back, until the chest lightly touches the ground or floor. Then rise back to the starting position. This is one dip. If the back is curved or humped, the dip must not be counted. The distance between the hands on the floor should never be greater than 24 inches.

### Standing Broad Jump

A take-off two inches high may be used. In taking the jump, the toes may extend over the take-off, but in no case are they allowed to touch the ground. Measure the jump from the front of the take-off to the place where the ground is first broken. If the jumper falls or steps backward after the jump is taken, then measure from the front of the take-off to the point where the body touched the ground nearest the take-off.

### Running Broad Jump

The take-off should be solid and the landing pit of loose sand or dirt. This pit should be so placed that it can be used for the high jump also. Measure as in the standing broad jump.

### Standing Hop, Step, and Jump

Both the standing and the running hop, step and jump require a take-off and a pit of loosened dirt to land in. The contestant stands on the take-off board on one foot (the foot from which he makes the hop) and takes the hop, landing on the same foot, then he swings the other foot forward and takes the step with that foot, and then he takes the jump, landing on both feet. He should not slow up between the hop, step, and the jump, neither should he try to use all of his strength in making the hop and step, but reserve it for the jump. Measure from the take-off board to where the ground is first broken in the jump.

### Running Hop, Step, and Jump

Same as the standing hop, step, and jump, except taken with a running start. The person taking the record should watch carefully, and note that the contestant lands on the same foot from which he left the take-off board when negotiating the hop, changes to the other foot in the step, and completes the event with a jump.

### Running High Jump

Either two or three trials may be given in this event. The place selected for the take-off should be level, firm ground, and the landing pit should be of loosened earth. Care should be taken that the bar does not sag.

### Overhead Shot

An eight-pound shot is used in both the overhead shot and the shot put for all grades in taking this record. The contestant stands with his back to the direction of throw, with his heels up to the line, and throws the shot, using both hands, backward over his head. If he steps backward over the line, the throw must not count. Measure from the line to a point where the shot first broke the ground.

### Shot Put

The shot is put from a seven-foot circle. The contestant may use this seven-foot distance in putting the shot, or he may stand at the front of the circle when the put is taken. A good form in putting the shot starts with contestant in a half-crouch at the back edge of the circle, with the left foot ahead, the shot held in the right hand close to the shoulder, and the elbow close to the side. This is followed with a swift hop to the center to both feet, then a lower crouch, and an immediate final spring, during which the shot is delivered forward and upward. The final spring shifts the position of the body so that, at the finish, the right side of the body has come to the front of the circle, the right foot close to the front edge, the left foot extended behind, and the right arm reaching as far over the front of the circle as the balance will allow. With a left-handed putter, the opposite would be true. The shot must not be thrown, and any attempt at a throw must not be recorded. If the contestant starts with the shot close to the shoulder, and not any further back than the shoulder, and pushes the shot forward to the extended arm position, he will make a proper "put." No attempt at a THROW will be recorded and no more than three trials will be allowed.

### 100-Yard Dash

The course for the 100-yard dash should be accurately measured with a tape measure. The person taking the record will stand

Name_____ White _____
LAST FIRST Colored _____

| Date of transfer | SCHOOLS | Date of record | Country of birth of father | Age | Grade | Height | Weight | Chin | Stand broad jump | Overhead shot | 100-yard dash | Sit up | Run Broad jump | Run high jump | S. hop step jump | R. hop step jump | Shot put | Dip | Total points |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| ADDRESS | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |

INSTRUCTIONS
1. Transfer card with pupil
2. Make entries in ink
3. Record age in years and months from Form No. 36
4. Enter Grade thus: A6, B7
5. Enter height in inches
6. Enter weight in pounds
7. Enter distance events in inches

FORM 704—BOYS' DECATHLON RECORD—8-25—10M—EG-NJ

Decathlon Card Used in Schools for All Boys in Sixth, Seventh, Eighth Grades

| EVENTS | Record | Points |
|---|---|---|
| Chin | | |
| Stand Broad Jump | | |
| Overhead Shot | | |
| 100-Yard Dash | | |
| Sit Up | | |
| Running Broad Jump | | |
| Running High Jump | | |
| Standing Hop, Step and Jump | | |
| Running Hop, Step and Jump | | |
| Shot Put | | |
| Dip | | |
| Total Points | | |

| Points | Chin | Stand. Broad Jump | Overhead Shot | 100-Yd. Dash | Sit Up | Run Broad Jump | Run High Jump | S. Hop Step Jump | R. Hop Step Jump | Shot Put | Dip | Points |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1000 | 28 | 10-2 | 50 | 10:0 | 100 | 23 | 6 | 30 | 50 | 50 | 60 | 1000 |
| 990 | 26 | 9-9 | 48 | 10:1 | 90 | 21 | 5-8 | 28 | 45 | 48 | 55 | 990 |
| 980 | 24 | 9-6 | 46 | 10:3 | 80 | 19 | 5-4 | 27 | 42 | 46 | 50 | 980 |
| 970 | 22 | 9-3 | 44 | 11:0 | 70 | 17 | 5 | 26 | 40 | 44 | 45 | 970 |
| 960 | 20 | 9 | 42 | 11:2 | 60 | 16-6 | 4-10 | 25 | 38 | 42 | 40 | 960 |
| 950 | 18 | 8-9 | 40 | 11:3 | 50 | 16 | 4-8 | 24 | 36 | 40 | 35 | 950 |
| 940 | 16 | 8-6 | 38 | 11:4 | 40 | 15-6 | 4-6 | 23 | 34 | 38 | 32 | 940 |
| 930 | 14 | 8-3 | 36 | 12:0 | 35 | 15 | 4-4 | 22 | 32 | 36 | 29 | 930 |
| 920 | 13 | 8 | 34 | 12:1 | 30 | 14-6 | 4-2 | 21-6 | 31 | 34 | 26 | 920 |
| 910 | 12 | 7-10 | 32 | 12:2 | 28 | 14 | 4-1 | 21 | 30 | 32 | 23 | 910 |
| 860 | 11 | 7-8 | 30 | 12:3 | 26 | 13-6 | 4 | 20-6 | 29 | 30 | 20 | 860 |
| 800 | 10 | 7-6 | 29 | 12:4 | 24 | 13 | 3-11 | 20 | 28 | 29 | 18 | 800 |
| 730 | 9 | 7-4 | 28 | 13:0 | 22 | 12-6 | 3-10 | 19-6 | 27 | 28 | 16 | 730 |
| 650 | 8 | 7-2 | 27 | 13:1 | 20 | 12 | 3-9 | 19 | 26 | 27 | 14 | 650 |
| 560 | 7 | 7 | 26 | 13:2 | 18 | 11-6 | 3-8 | 18-6 | 25 | 26 | 12 | 560 |
| 460 | 6 | 6-9 | 25 | 13:3 | 16 | 11 | 3-7 | 18 | 24 | 25 | 10 | 460 |
| 370 | 5 | 6-6 | 24 | 13:4 | 14 | 10-8 | 3-6 | 17-6 | 23 | 24 | 9 | 370 |
| 290 | 4 | 6-3 | 23 | 14:0 | 12 | 10-4 | 3-5 | 17 | 22 | 23 | 8 | 290 |
| 220 | 3 | 6 | 22 | 14:1 | 10 | 10 | 3-4 | 16-6 | 21 | 22 | 7 | 220 |
| 160 | 2 | 5-9 | 21 | 14:2 | 8 | 9-8 | 3-3 | 16 | 20 | 21 | 6 | 160 |
| 110 | 1 | 5-6 | 20 | 14:3 | 6 | 9-4 | 3-2 | 15-6 | 19 | 20 | 5 | 110 |
| 70 | | 5-3 | 19 | 14:4 | 5 | 9 | 3-1 | 15 | 18 | 19 | 4 | 70 |
| 40 | | 5 | 18 | 15:0 | 4 | 8-8 | 3 | 14-6 | 17 | 18 | 3 | 40 |
| 20 | | 4-9 | 17 | 15:1 | 3 | 8-4 | 2-11 | 14 | 16 | 17 | 2 | 20 |
| 10 | | 4-6 | 16 | 15:2 | 2 | 8 | 2-10 | 13 | 15 | 16 | 1 | 10 |

Decathlon Card Used in Decathlon Meet for Boys Receiving 6500 or More Points in School Decathlon

at the opposite end of the course from the starting point, and will motion for the contestant to start by lowering a handkerchief quickly in the hand. Use a stop watch when possible, otherwise use an ordinary watch and have the contestant start when the second hand is in a position so that the result can be most easily read.

### SOCCER

Regulation soccer rules are to be observed, except as noted below.

Substitutions are to be allowed in all school games, but a player once removed from the game may not return again during that game.

Games will be divided into two halves of twenty minutes each, with an intermission of five minutes between halves.

In league standings, two points will be counted for a game won, one for a tie game, and nothing for a game lost. The team having the greatest number of points according to this tabulation, at the close of the league season, will be declared winner in the league.

All league games will terminate at the end of forty minutes of playing. There will be no overtime periods. Coaches or others in charge of the teams will see that this provision is carried out. If the score is a tie at the end of forty minutes of playing it shall remain a tie. At the close of the season, if two or more teams are tied for the league championship, the championship will be awarded to the team having the highest goal average.

In elimination games, however, overtime periods will be allowed where there is a tie score at the end of forty minutes of playing. In such a period of overtime playing, corner kicks will be considered in the score, provided always that a goal takes precedence over any number of corners in scoring. To make this provision plainer, consider a game that ends in a tie score, neither team having scored a goal, or both teams having scored the same number of goals. During the overtime period, one of the teams is credited with three corners, the other with one corner. The first team would then be declared the winner. But supposing that the second team also scored a goal, then the game would be given to this team.

Corners will be counted only in overtime periods, and overtime periods are to be allowed only in elimination games and not in league contests.

### INDOOR MEETS

League meets will be held at various high school gymnasia, starting the first week in January. Entry blanks will be sent to the schools early in December, together with the date of the league meet.

City championship meet will be held during the last week of January.

Provision will be made for both Senior and Junior teams to compete in indoor track meets, and a separate final meet will be held for each division.

Both Ungraded and Special B pupils will compete with the Senior division.

The events for all indoor meets will be as follows:

20-Yard Dash.

High Jump.

Soccer Dribble.

Relays.

Senior schools will be allowed two relay teams, light and heavy. Junior teams will be allowed but one relay team.

Contestants may enter one event only. For description of the above events, refer to "Health by Stunts."

### STUNTS

The program of stunt practice and drill will be confined principally to the months of December and January. Stunts listed below will be used, and the points scored for each stunt will be taken from this list. Description of all stunts is taken from "Health by Stunts," by Pearl and Brown. A stunt test will be given all boys in the 6th, 7th, and 8th grades in January, beginning on the 5th and ending on the 27th of the month. Score sheets for reporting the stunt test will be sent to all schools in December. In giving the test, any stunt listed may be given, but the instructor should require pupils to drill on both individual and combination stunts.

MERRY-GO-ROUND

## INDIVIDUAL STUNTS

| | | | | |
|---|---|---|---|---|
| Front Somersault..1 | Palm Spring ....1 | Distance Dive ..2 | Crane Dive .....3 | Under Arm .....5 |
| Ankle Somersault..1 | Stiff .....1 | Forward Fall ...2 | Cart Wheel .....4 | One Hand Dip...5 |
| Back Somersault..1 | Two Hand Dip..1 | Skin Cat .....2 | Hand Spring ...4 | Body Reach ....5 |
| Full Squat .....1 | Frog Dance ....2 | Jump Foot .....2 | One Hand Balance.4 | Gorilla Swing ...5 |
| Heel Knock .....1 | Bear Dance ....2 | Chair Stand ....3 | Toe Jump .....4 | Air Flip .....5 |
| The Top .....1 | Human Rocker ..2 | Under Stick ....3 | Finger Jump ....4 | Cut Off Rings ...5 |
| Tip Up .....1 | Single Squat ....2 | Through Stick ...3 | Knee Drop .....4 | Crab Walk .....5 |
| Dog Run .....1 | Knee Dip .....2 | Jump Stick .....3 | Toe Hold Jump..4 | Bull Neck .....5 |
| Neck Spring ....1 | Jumping Jack ...2 | Head Stand .....3 | Back Pick Up...5 | Snap Over .....5 |
| Wicket Walk ...1 | Stump Walk ....2 | Cork Screw .....3 | Snap Up .....5 | Back Hand Spring.5 |
| Stiff Leg Bend..1 | Human Ball ....2 | Backward Bend ..3 | Hand Stand Dip.5 | Forward Pick Up.5 |
| Hitch Kick .....1 | High Dive .....2 | Fish Hawk Dive.3 | Hand Walk .....5 | One Hand Spring.5 |

## COMBINATION STUNTS

| | | | | |
|---|---|---|---|---|
| Wheel Barrow ...1 | Back Straddle ..2 | Front Toss .....3 | Div. Hand Spring.4 | Hand Flip .....5 |
| Twister .....1 | Snake .....2 | Bobbin Ahead ...3 | Straddle Vault ...4 | Triple Roll .....5 |
| Back Spring ...1 | Human Bridge ..2 | Bobbin Back ....3 | Triple Dive ....4 | Arm Stand .....5 |
| Sack of Wheat...1 | Wind Mill .....3 | Pyramids .....3 | Human Teeter ..4 | Neck Straddle Flip.5 |
| Elephant Walk...2 | Arm Roll .....3 | Back Eskimo Roll 3 | Rocking Horse ..4 | Double Cart Wheel.5 |
| Camel Walk ....2 | Knee Spring ....3 | Merry Go Round.3 | Saw Buck .....4 | Knee Stand .....5 |
| Flopper .....2 | Shoulder Stand ..3 | Stomach Flip ...4 | Hand Jump ....4 | Giant Roll .....5 |
| Front Straddle ..2 | Centipede .....3 | Back Foot Flip..4 | Human Arch ....5 | Ladder Somersault.5 |
| Back Toss .....2 | Eskimo Roll ....3 | Neck Flop .....4 | Flying Somersault.5 | Triple Eskimo Roll.5 |

## CONTESTS

| | | | | |
|---|---|---|---|---|
| Box Hats | Badger Pull | Chicken Fight | Stick Wrestle | Boxing |
| Hand Wrestle | Bend Fingers | Cock Fight | Flat Hand | Catch-As-Catch-Can |
| Indian Wrestle | Pull Fingers | Pull Stick | Horse Fight | Square Hold |
| Elbow Wrestle | Rooster Fight | Twist Stick | Tug-of-War | Side Hold |

## SPORTS AND ATHLETIC EVENTS

| | | | | |
|---|---|---|---|---|
| Base Ball | Potato Race | Standing High Jump | Front Shot Throw | Set Pegs |
| Soccer | 3-Legged Race | Three Jumps | Under Shot | Putting Up Weight |
| Newcomb | Backward Dash | Backward Jump | Discus Throw | Shoulder Shot |
| Foot Ball | Relay | Three Hops | High Kick | Hold Out Weight |
| Basket Ball | Sack Race | Ball Throw (Dist.) | Double Foot Kick | Grip the Stone |
| Hockey | Soccer Dribble | Ball Throw (Accy.) | Back High Kick | Skating |
| Tennis | Pole Vault | Shot Pitch | One Foot Kick | Leap Frog |

### BASKET BALL

The official rules of basket ball will be observed.

Games will consist of four quarters of six minutes each, with one minute intermission between quarters and five minutes between halves.

Where games are played in elementary school gymnasiums, spectators will not be allowed.

The instructor who accompanies the team to the game must remain until all of the team have left the building.

Gymnasium shoes must be worn by all players.

### BASEBALL

Official rules of baseball will prevail, except that seven innings will constitute a game.

Plates are allowed on baseball shoes.

There has been, of recent years, considerable misunderstanding among school teams as to what is commonly called "pinch hitting" and "stacking batters." Pinch hitting is allowed, provided the player who takes the place of another has not been already in the game. "Stacking batters," that is, putting all the best batters up in the last inning, regardless of their proper turn, is never allowed. Players must always bat in their proper order.

If a player bats out of his proper order, he shall be declared out by the umpire when the discovery is made, regardless of where he may have progressed at the time of the discovery.

### PLAYGROUND BALL

The official rules of baseball apply to playground ball. The field should be laid out so that the distance between the bases does not exceed sixty feet, with the pitcher's box forty-five feet from the home plate. In some cases, it would be necessary to use even a smaller diamond than this.

Five innings shall constitute a game.

*Note*—Either underhand or overhand pitching will be allowed.

# BIBLIOGRAPHY

## THEORY OF PLAY AND CHILD PSYCHOLOGY


Bowen and Mitchell, "Theory of Organized Play." A. S. Barnes and Co., New York.
Bobbitt, Franklin, "The Curriculum." Houghton, Mifflin Co., New York.
Cabot, Richard C., "The Soul of Play." Atlantic Monthly, November, 1910.
Cabot, Richard C., "What Men Live By." Houghton, Mifflin Co., New York.
Child Study Association of America, "Guidance of Childhood and Youth." The Macmillan Co., New York.
Cook, H. Caldwell, "The Play Way." Frederick A. Stokes, New York.
Curtis, Henry, "Education Through Play." The Macmillan Co., New York.
Curtis, Henry, "The Play Movement." The Macmillan Co., New York.
Curtis, Henry, "Practical Conduct of Play." The Macmillan Co., New York.
Gesell, Arnold, "Exceptional Children and Public Schools."
Groos, Karl, "Play of Animals." D. Appleton and Co., New York.
Groos, Karl, "Play of Man." D. Appleton and Co., New York.
Gulick, Luther, "A Philosophy of Play." Charles Scribner's Sons, New York.
Hall, G. Stanley, "Adolescence." D. Appleton and Co., New York.
Hall, G. Stanley. "Youth." D. Appleton and Co., New York.
Hetherington, Clark, "The Demonstration Play School." California State Bulletin.
Hetherington, Clark, "The School Physical Education Program." World Book Co., Yonkers, N. Y.
Johnson, George E., "Education by Plays and Games." Ginn and Co., Boston.
King, Irving, "Psychology of Child Development." University of Chicago Press.
Kirkpatrick, E. A., "Fundamentals of Child Study." The Macmillan Co., New York.
Lehman and Witty, "The Psychology of Play Activities." A. S. Barnes and Co., New York.
Lee, Joseph, "Play in Education." The Macmillan Co., New York.
Lee, Joseph, "Normal Course in Play." A. S. Barnes and Co., New York.
Miller, A. Crichton, "New Psychology and the Parent." T. Selzer, New York.
Norsworthy and Whitley, "Psychology of Childhood." The Macmillan Co., New York.
Patri, Angelo, "Child Training." D. Appleton and Co., New York.
Wood, Thomas D., and Cassidy, Rosalind, "The New Physical Education." The Macmillan Co., New York.


## GAMES, STUNTS, AND ATHLETICS


Andersen, L., An Athletic Program for Elementary Schools. A. S. Barnes and Co., New York (1927).
Angell, Emmett, "Play." Little, Brown and Co., Boston.
Bancroft, Jessie, "Games for the Playground, Home, School, and Gymnasium." The Macmillan Co., New York.
Bancroft and Pulvermacher, "Handbook of Athletic Games." The Macmillan Co.
Berry, Elmer, "Baseball Notes." A. S. Barnes and Co., New York.
Boston Normal School of Gymnastics, "One Hundred Fifty Gymnastic Games."
Bowen and Mitchell, "The Practice of Organized Play." A. S. Barnes and Co., New York.
Boy Scout Handbook.
Camp, Walter, "Athletes All." Charles Scribner's Sons, New York.
Campfire Girls' Handbook.
Clarke and Dawson, "Baseball." Charles Scribner's Sons, New York.
Currie, W. C., "Science of Soccer." E. P. Dutton and Co.
Geister, Edna, "Ice Breakers," Woman's Press, New York.

Geister, Edna, "It Is to Laugh." George H. Doran, New York.
Geister, Edna, "Let's Play." George H. Doran, New York.
Geister, Edna, "The Fun Book." George H. Doran, New York.
Girl Scout Handbook.
Mather and Mitchell, "Basket Ball." A. S. Barnes and Co., New York.
Mitchell, "Intramural Athletics." A. S. Barnes and Co., New York.
Murphy, Michael, "Athletic Training." Charles Scribners' Sons.
Pearl and Brown, "Health by Stunts." The Macmillan Co., New York.
Reilly, "New Rational Athletics." D. Appleton and Co., New York.
Seton, Ernest Thompson, "Manual of the Woodcraft League." Doubleday Page and Co., New York.
Smith, Charles F., "Games and Recreational Methods for Clubs, Camps, and Scouts." Dodd, Mead and Co., New York.
Staley, S. C., "Games, Contests, and Relays." A. S. Barnes and Co.
Staley, "Individual and Mass Athletics." A. S. Barnes and Co., New York.
Wardlaw, C. Digby, "Fundamentals of Baseball." Charles Scribners' Sons.
Wardlaw and Morrison, "Basket Ball." Charles Scribners' Sons.
Wegener, Albert B., "Track and Field Athletics." A. S. Barnes and Co.

# INDEX


All Up Relay, 79
Ankle Somersault, 147
Ankle Tag, 37
Arch Goal Relay, 82
Arm Bending from Fall Hanging, 147

Babes in the Hole, 60
Ball Stand, 45
Barley Break, 100
Bases on Ball, 89
Baseball, 173
Baseball Target Throw, 126
Basket Ball, 173
Bean Bag Ring Throw, 59
Bear Dance, 147
Beast, Bird or Fish, 43
Beater Goes Round, 67
Bell Cat, 48
Belle Isle Field Meet, 121, 161
Bibliography, 175
Bird Catcher, 39
Black Tom, 68
Blind Man's Buff, 48
Bombardment, 76
Bound Ball, 96
Bowling, 61
Boys' Athletics, 163
Broad Jump
  Running, 166
  Standing, 166
Brownies and Fairies, 36
Bull in the Ring, 66
Bullets, 75

Call Ball, 34
Captain Ball, 106
Cart Wheel, 148
Cat and Mice, 35
Cat and Rat, 47
Catch and Pull Tug of War, 94
Catch of Fish, 39
Center Base, 46
Chair Creeper, 148
Charlie Over the Water, 35
Chin, 165
Chinese Wall, 92
Circle Club Bowls, 59
Circle Pass Ball, 34
Circle Relay, 91
Circle Stride Ball, 45
Classification Plan
  Girls', 161
  Boys', 163
Club Snatch, 91
Coaching, Notes on, 137
Combination Pass Ball, 142
Competitive Athletics, 111
Cork Screw, 148
Corner Ball, 87
Corner Dodge Ball, 74
Crack the Whip, 57
Crane Dive, 148
Criteria for Judging Results, 21
Cross Tag, 50
Crowd Ball, 98

Dash, Fifty Yards, 127
  One Hundred Yards, 167
Dash and Throw, 127
Decathlon, 119
Decathlon Events, 165
Decathlon Record, 168
Deck Tennis, 105
Demonstrations, 15
Dip, 165
Do This, Do That, 43
Dog Run, 148
Double Dutch, 72
Drive Ball, 74
Drop the Handkerchief, 34
Duck on the Rock, 76
Ducks Fly, 43
Dumb Bell Tag, 51

Eligibility Rules, 113
End Ball, 88
End Dodge Ball, 64
Eskimo Roll, 148

Field Ball, 131
Fifty Yards Dash, 127
Find the Ring, 41
Fire on the Mountain, 69
Fish Hawk Dive, 148

Fist Ball, 152
Flowers and Wind, 38
Follow the Leader, 44
Fox and Farmer, 38
Fox and Geese, 40
Fox Trail, 51
Free Front Rest, 148
Freight Train Tag, 66
Frog in the Middle, 47
Front Somersault, 148
Full Squat, 148

Game Tournament, 138
Gardener and Scamp, 47
Girls' Athletics, 125
Girls' Stunt Improvement Test, 145
Gypsy, 42

Hand Ball, 108
Hand Traveling, 149
Have You Seen My Sheep, 35
Heel Knock, 149
Hide and Seek, 42
High Jump, 55
High Windows, 38
Hill Dill, 67
Hip, 90
Hit Pin Baseball, 154
Hop Scotch, 73
Hop, Step and Jump
  Running, 166
  Standing, 166
Hopping Relay, 79
Horse and Rider, 90
Hot Ball, 46
Hound and Rabbit, 50
Hurdles, 122
Human Burden, 94
Human Ten Pins, 57

I Spy, 40
Indoor Meets, 171
Intramural Games, 117

Jack Be Nimble, 40
Jacks, 62
Jacob and Rachel, 49
Japanese Tag, 66
Judging Results, 21
Jump Foot, 149
Jump the Brook, 41
Jump the Shot, 54
Jump Stick, 149
Juvenile Classification, 164
Juvenile Shuttle Relay, 123

Kick the Bag Race, 49
Knee Base Ball, 64

Lame Fox and Chickens, 52
Leader and Footer, 84
Leap Frog, 83
Leap Frog Race, 83
Liberty Bat Ball, 97
Long Ball, 99

Magic Carpet, 57
Marbles, 61
Mass Basket Ball, 104
Mass Soccer, 75
Midnight, 53
Mount Ball, 96
Moving Day, 44

Newcomb, 85
Nine Court Basket Ball, 150
Nose and Toes Tag, 38

Obstacle Relay, 122
Officials, 136
Old Mother Witch, 36
One Hundred-Yard Dash, 167
One O'Leary, 46
Organized Free Play, 11
Ostrich Tag, 66
Outdoor Play, 14
Over and Under Relay, 81
Overhead Relay, 80
Overhead Shot, 167

Partner Tag, 50
Pentathlon, 119, 126, 161
Pentathlon Point System, 129
Physician's Certificate, 116
Pig in a Hole, 102
Pinch-O, 65
Pitching Horse Shoes, 86
Playground Ball, 173
Playground Program, 14
Poison, 54
Pom Pom Pullaway, 77
Post Ball, 140
Postponement of Games, 116
Prisoner's Base, 100
Programs, 12
Progression of Types of Games, 31
Progressive Dodge Ball, 85
Protests, 116

Red Light, 53
Red Lion, 78

Reports, 114
Reverse Tag, 51
Ringmaster, 42
Robbers and Soldiers, 82
Rope Jumping, 71
Rope Skipping, 55
Run for Your Supper, 48
Run Sheep Run, 93
Running High Jump, 167
Running Leap, 128

Schlag Ball, 99
Scoring Sheet, 118
Scrub, 104
Shadow Tag, 37
Shuffle Board, 109
Shuttle Relay, 81
Shot Put, 167
Side Kick, 97
Simple Dodge Ball, 59
Single Relay, 70
Single Squat, 149
Sit Up, 165
Skating, 124
Skin the Cat, 149
Slipper Slap, 70
Slow Somersault, 149
Soccer, 170
Spin the Plate, 58
Sports Calendar
  Girls', 125
  Boys', 125
Sportsmanship, 7
Squad Play, 11
Squat Tag, 37
Squirrels in Trees, 41
Statues, 44
Steps, 56
Stiff, 150
Stiff Knee Tag, 51
Stiff Leg Bend, 149
Stilt Walking, 84
Stone, 65
Stork Tag, 51
Stride Ball Relay, 80
Stunts
  Girls', 146
  Boys', 171
Stunts, Value of, 17
Suggested Programs, 2
Swat Ball, 89
Systems for Changing Shoes, 19

Tag, 36
Target Throw, 60
Teacher Ball, 33
Teams, 117
Through Stick, 150
Through the Loop, 150
Time Allotment
  Gymnasium, 2
  Outdoor Play, 14
Three Deep, 67
Tip Toe Tag, 37
Tommy Tiddler's Ground, 54
Top, 150
Toss Ball, 33
Trophies and Awards, 124
Tug of War, 93

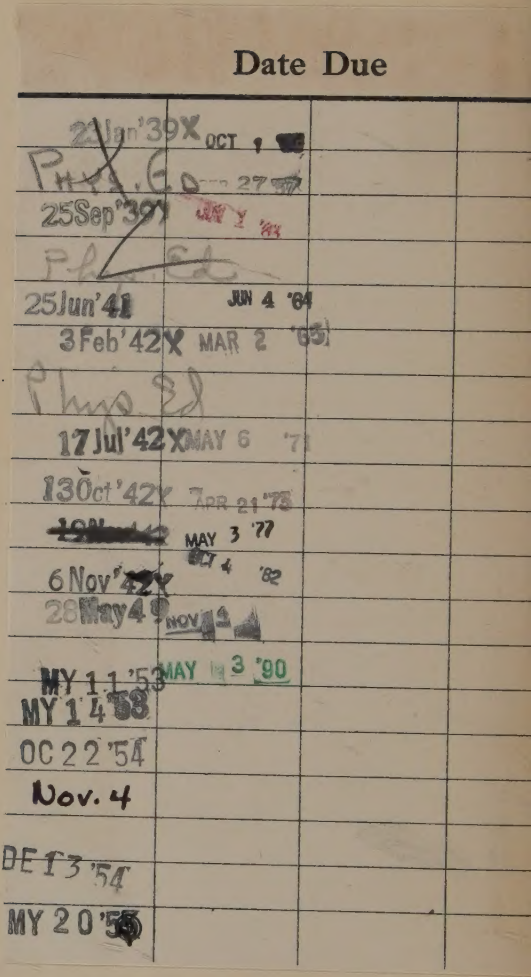
Value of Stunts, 17
Volley Ball, 107

Walk Tag, 37
Wheelbarrow, 150
Wicket Walk, 150

Yards Off, 101

Zig Zag, 138

THE END


Date Due
21Jan'39X
OCT 1
PHYS. GEO
27
25Sep'39
MAY 1 '63
PHYS. ED
25Jun'41
JUN 4 '64
3Feb'42X
MAR 2 '65
PHYS ED
17Jul'42X
MAY 6 '71
13Oct'42X
APR 21 '75
MAY 3 '77
OCT 4 '82
6Nov'42X
28May49
NOV 1
MY 11'53
MAY 3 '90
MY 14'58
OC 22'54
Nov. 4
DE 13'54
MY 20'55

37
L3
Lasalle, Dorothy
AUTHOR
Play activities for elementar
TITLE
schools.
3rd ed. (33)

371.
L33
LIBRARY
CHATHAM COLLEGE